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Working From a New Mindset: Flourishing

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PWD holds positive story, less distress

Presentation by Dr. Michael Harris, IDF Vancouver, 2016. Used with permission.
Strengths Detective Tool

1. Storyteller and Listener
2. Storyteller shares life challenge
3. Listener is attentive/active: (Listen, probe and discover strengths)
4. Listener offers strengths to storyteller
5. Listener inquires how these strengths can be used by storyteller with a current challenge - dialogue

Questions for Listener

• Starting questions (3-4 min)
  – “Tell me about a challenge in your life you overcame?”
  – “What more do you think, feel or want to say about that challenge?”
• Probing questions (3-4 min) – Listen for/write strengths!
  – “What did you do that helped you overcome this challenge?”
  – “What else did you do that helped you?”

Strengths Detective cont’d

• Appreciation (1-2 min) – short is powerful
  – Listener thanks story-teller and shares what she wrote. Be sharp, short and clear
  – Give sheet to story-teller and congratulate
• Thinking questions (3-4 min)
  – “How can you use these strengths for a current challenge?” Listen first, add-to second.
  – “What might be your first small step?”

Strengths Detective cont’d

• Plenary Debrief
  – What opened up for you?
  – What was it like to share how you overcame your challenge?
  – What was it like to hear your strengths?
  – How did it feel listening attentively?
  – How is this helpful?

Working From a New Mindset:
Flourishing

Helping patients is complex

Source: Cynefin Framework
Dave Snowden
Helping patients is complex

Source: Cynefin Framework - Dave Snowden

Conversation Prompts

Coping Mindset

Discussion:
What are some challenges you face when trying to eat healthy?

Dialogue:
Congratulations. How are you doing that?

Flourishing Mindset

Discussion:
Think about a time when you forgot to check your blood sugar or possibly didn’t do it. What happened?

Dialogue:
How can you change that in the future?

Source: Diabetes Education Conversation Prompts. Member Resource. AADE 2016

Conversation Prompts

Coping Mindset

Discussion:
How often do you remember to take your medications?

Dialogue:
What are some things you can do to help you remember?

Flourishing Mindset

Discussion:
How often do you remember to take your medications? What helps you remember?

Dialogue:
That’s great. How could you do more of that?

Source: Diabetes Education Conversation Prompts. Member Resource. AADE 2016

Look For What’s Working
Our gift

• E-book about the Flourishing Treatment Approach based on IDF Award Lecture in exchange for completing a short survey
• Downloadable after September 12, 2016
• Either:
  – Write your name and email address (sheet in front)
  – Provide business card
  – Email: riva@diabetesbydesign.com

Q & A