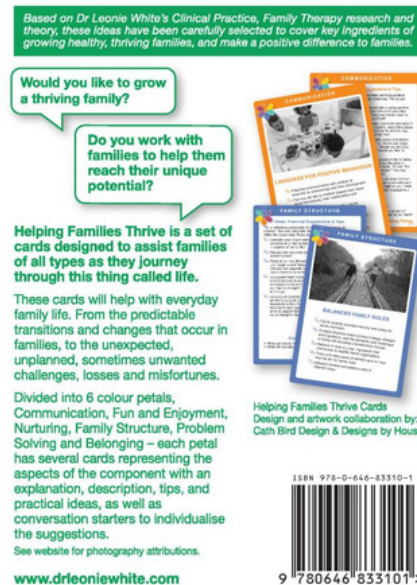


# How do I use Helping Families Thrive Cards?



## Ideas for Professionals

Helping Families Thrive Cards make the theory, research and clinical experience of 'what helps families' accessible and easily understandable, and provides practical strategies to action this knowledge in daily life.

- Use these cards for individual Reflection/Self Supervision before and/or after a session.
- Review the cards to plan a parent or family session, either to practice explaining a concept or decide how you will bring a card or cards into the session.
- Use the garden metaphor to introduce various aspects of family life.
- Download the free infographic and use this to discuss with parents and families what is going well, what they'd like to keep doing, and what they'd like to work on.
- Use the "petal category" card to help clients identify areas of family life they would like to focus on.
- Use one category of cards at a time – clients can choose aspects of that category to focus on.
- Use a single card – if there is a card that resonates with an area of work bring this into the session as a focus point.
- Use the cards to identify areas of strength the family can amplify to help them with their goals, with noticing, appreciating and practicing.
- Use the petals card, or specific cards, to open conversations on different aspects of family life.
- Use cards as prompts for psychoeducation about key aspects of family life, structure and processes.
- Ask family members to take turns choosing a card they would like to discuss in session.
- For professionals who offer individual and group supervision, ask supervisees to choose a card with a concept they'd like to practice explaining to a family and working on.
- Use the card deck to provide a smorgasbord of ideas to choose from ...or a sounding board to provide inspiration for the development of new ideas, and be sure to remember the cards are an invitation to consider and choose from, not a tick list to complete. It's important to respect each family's uniqueness.

For more information and to download the free infographic head to  
[www.drleoniewhite.com](http://www.drleoniewhite.com)  
for Helping Families Thrive Cards blogs and videos.