



# Futures in Mind

*bespoke psychological services*

## PERSON CENTRED PRACTICES

### A RANGE OF TOOLS FOR CREATING POSITIVE CHANGE

'Person centred thinking isn't rocket science, but it does make you realise what you have to do to get the right help and support.'



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Person centred approaches are a way of empowering people to make positive change. Such approaches can be used with individuals, families and organisations. No matter the issue using these tools ensures that people feel truly listened to and valued and provides an impetus for positive change.

## WHAT ARE PERSON CENTRED PRACTICES?

A set of tools that can be used to plan support with someone rather than for them. It is a process of continual listening and learning that focuses on what is important now and in the future.

## THERE ARE FIVE KEY PRINCIPLES:

- The person is at the centre.
- Family members and friends are partners in planning.
- The plan reflects what is important to the person, their capacities and what support they require.
- The plan results in actions that are about life, not just about services and reflects what is possible not just what is available.
- The plan results in on-going listening, learning and further action.

## THREE APPROACHES:

### **Person Centred Planning Meeting:**

- A structured, strengths-based approach that supports understanding and action planning as well as improving communication and relationships. There meetings can last 1 – 2 hours, resulting in a shared understanding of the issues and a clear action plan to move things forwards.

### **MAP**

- A MAP is a tool designed to help individuals, families and organisations figure out how to move into the future effectively, positively and creatively. A MAP meeting is an 8 step process that can last 2 – 3 hours, involving those closest to and most able to influence change.

### **PATH**

- A PATH is a tool to support action planning when a situation is complex and requires the engagement of those involved to make a real difference. A useful approach where the issue is 'stuck' and there doesn't seem to be a way forwards. It can be used at the level of the individual and organisation. Meetings using this approach can last 2 – 3 hours, beginning with identifying a shared 'dream' and concluding by identifying clear actions to be followed.

*"PATH is a way for people to share a common problem... their purposes... their understanding of the situation and its possibilities for hopeful change."*