

## **SHAPING THE FUTURE**

2019 ATSA Conference | Wednesday November 6 | 8:30 AM – 12:00 PM

**A-14**

### **Being Proactive & Prevention-Oriented: Strengths-Based Interventions**

Kevin M. Powell, PhD  
Colorado State University

Strengths-based interventions are not only effective for treating clients who have caused sexual harm but also for preventing future abuse and maltreatment. Our clients are current or future parents, partners, friends, & co-workers; and strengths-based practices help to develop their skills and knowledge to lead interpersonally healthy, prosocial lives. Stopping the intergenerational transmission of abuse and helping clients to be prosocial citizens within our communities is the goal. This seminar will highlight a variety of interventions that promote interpersonal skills, protective factors, resiliency, hope, and internal motivation/ engagement that assist clients in leading prosocial lives free of abuse.

#### **Learning Goals:**

- Upon completion of this educational activity, learners should be better able to define 'what is' a Strengths-Based Approach.
- Upon completion of this educational activity, learners should be better able to utilize strategies for forming trusting, positive relationships.
- Upon completion of this educational activity, learners should be better able to identify components of Safe, Stable, Nurturing Relationships (SSNRs).
- Upon completion of this educational activity, learners should be better able to implement primary prevention strategies that promote of healthy sexuality and relationships.
- Upon completion of this educational activity, learners should be better able to utilize interventions that promote hope within youth and adult clients.
- Upon completion of this educational activity, learners should be better able to identify 'protective factors' commonly associated with 'Resilient' clients.

**Kevin M. Powell, PhD** is a licensed psychologist in Colorado, USA. His clinical work includes the assessment and treatment of youth and young adults who have sexually offended, as well as children with sexual behavior problems, and those who have been impacted by adverse childhood experiences including sexual victimization. Over the past three decades he has worked in a variety of settings (schools, community-based youth service agencies, hospital, and correctional facilities). He is an adjunct faculty at Colorado State University in the Department of Psychology where he provides clinical supervision, lectures, and is conducting research on protective factors associated with resiliency in youth and adults. Dr. Powell has authored

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several book chapters and has a strengths-based intervention book, *A Strengths-Based Approach for Intervention with At-Risk Youth* (2015), published by Research Press. He also has a children's book, *Our Very Special Bodies* (2014), which helps facilitate open communication between parents and their preschool and elementary school-age children in order to reduce the risk of childhood sexual abuse (primary prevention). Dr. Powell presents nationally and internationally on a variety of topics to help promote healthy, resilient, prosocial development within at-risk (at-promise) clients. Additional information can be found at [www.kevinpowellphd.com](http://www.kevinpowellphd.com).