



Resource orientation

'Resources' are those aids and materials which are available to us for the implementation of a task in a specific situation. The word itself comes from the French for 'means' or 'source'. Actions aimed at achieving a specific target will be hampered in the absence of the necessary resources.

1

Resources can also be divided up into categories.

Personal resources include: health, fitness, vitality, confidence, intelligence, education, willpower, the ability to make the right decisions and assessments, the ability to take on different roles etc.

Social resources include: family, friends, colleagues, relationships, clubs and associations

Professional resources include: occupational position, know-how, experience, business relations, status, rewarding work, knowledge

Material resources include: money, securities, property, creditworthiness, valuables

Spiritual resources include: a stable value system, faith, spiritual experiences

In psychology, resources represent the possibilities which are available to people for overcoming challenges in a specific situation. In this context resources may be required to maintain our ability to continue living and functioning.

This is known as 'coping', but in the final analysis it leads to these resources being used up, and to exhaustion.

On the other hand, however, such resources can also be applied in order to influence the situation, which is referred to as 'creating'. This then leads to new energy and creative power.

Within psychotherapy, resources can be used as sources of strength in order to reinforce the healing process.

Historically the resource-oriented approach is based on research findings that persons who have access to their own resources and can activate them are able to deal with traumatic experiences relatively positively.

The aim of the salutogenetic approach of Aaron Antonovsky is to perceive and promote the healthy aspects of people, in other words their personal resources. Within a concrete context, a resource only has value if it can be identified and used as a resource within the actual context. The simple fact of its existence is not sufficient - it also has to be applied.

2

Motivation can also represent a resource: people can motivate themselves 'towards' or 'away from' something, with 'towards' representing a vision of what life would be like if something is changed and the relevant aim is achieved, and 'away from' representing a vision of how life will continue if nothing is changed.

We need resources, for example, in order to

- 1 feel good
- 2 actively change as a person in a desired direction
- 3 communicate successfully with others.

In general it can also be said that resources represent all those things which make a valuable difference.

