

# INNOVATIVE RESOURCES FOR SOCIAL WORK



## Exploring Shame

A healing tool for identifying, discussing and easing shame

This is an evocative collection of 30 photo-based cards, created to gently name, unpack and process feelings of shame. Each card helps people recognise the emotion and find a pathway for healing through constructive, safe and respectful conversations. Topics include addiction, honesty, body, culture, fairness, forgiveness, relationships and hope – providing a range of prompts that address multiple experiences.

CAT NO: 4640 \$69.95



## supervision

Strengths-based questions to inspire reflective conversations

*supervision* is a fantastic tool for supporting strengths-based, solution-focused approaches to supervision. This 30 card resource provides opportunities to build the capacity of practitioners and supervisors in a range of Human Service settings. It covers all aspects of supervision, including setting up strengths-based and solution-focussed processes, focussing on reflective practice, building self-supervision skills, creating spaces to explore best practices, reviewing progress over time, generating opportunities and considering the bigger picture.

CAT NO: 4650 \$65.00



## Anxiety Solutions for Kids

Fun and simple anxiety management strategies for children

This is a set of delightfully illustrated cards with simple, practical, and fun activities for children experiencing worry and anxiety. Each card features a different strategy or technique to support the management of big feelings and enables children to discover solution-focused ways to 'ride the wave' of anxiety.

CAT NO: 4937 \$59.95



## Next Steps

A simple mental health tool to help everyone plan their next steps

*Next Steps* is a unique resource that captures the power and purpose behind our next actions. Supporting simple steps forward can be life-changing for people struggling with their mental health or having difficulty finding purpose in their life. This tool features 52 distinctive photographs of everyday objects and activities and is designed to inspire people to take achievable steps and bring about positive change.

CAT NO: 4925 \$55.00

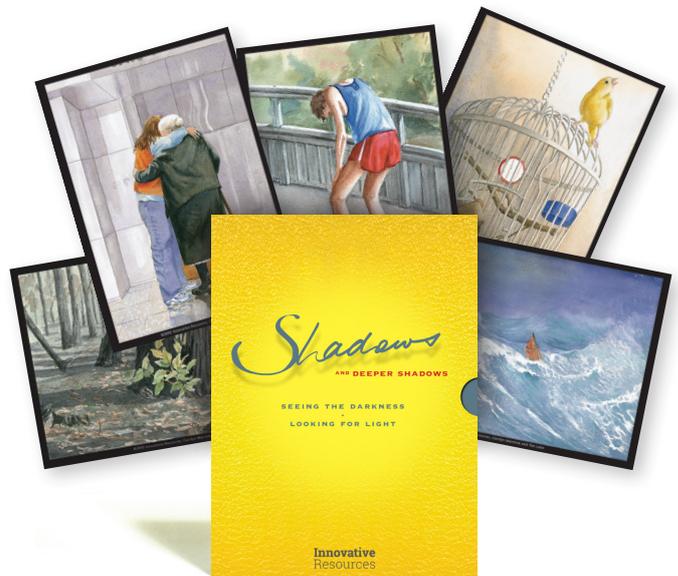


## Choosing Strengths

A hands-on tool to support good life choices

An essential resource of 36 cards to inspire conversations around personal strengths. Each card is designed to help individuals view themselves as resourceful and resilient in the face of adversity. This beautifully illustrated set supports a broader understanding of our individual strengths and reinforces the idea that the way we view ourselves is a choice that can impact our quality of life.

CAT NO: 2400 \$55.00



## Shadows

Therapeutic storytelling tools

*Shadows* is an emotionally charged set of 48 watercolour cards that prompts viewers to explore the meaning of the shadows in their lives and notice how the light gets in. The cards invite viewers to reflect on their experiences through images and messages of hope that are open for interpretation, allowing people to shape a narrative that is true to them.

CAT NO: 3800 \$59.95



## Self-Care

**A tool for enhancing everyday health and wellbeing for carers**

*Self-Care* has been specifically designed to help those who care for others take good care of themselves and seek out supportive plans, policies and procedures. With 50 beautifully illustrated cards and 100 thought-provoking questions, this resource is designed to act as a tool for self-reflection and inspire conversations about self-care.

**CAT NO: 4936 \$59.95**

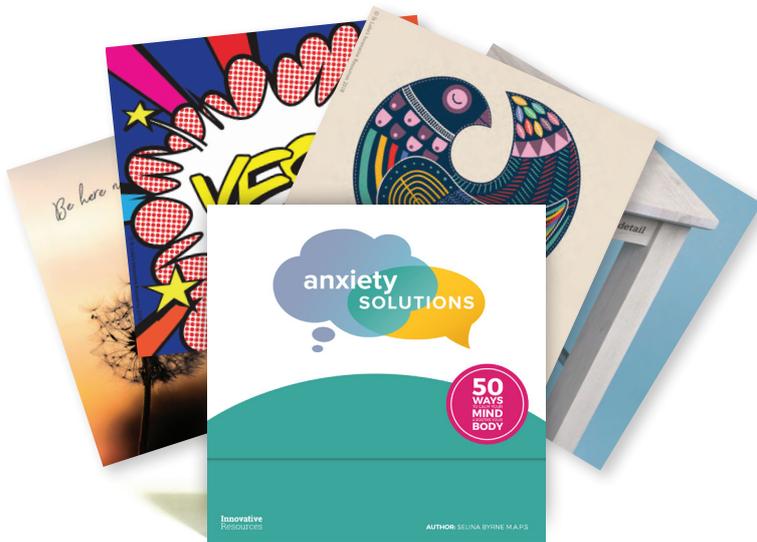


## Positive Parenting

**Motivating carers to be the best they can be**

Designed to invite conversation about the joys and challenges of being a parent, each of the set's 40 cards is beautifully illustrated and includes an open-ended question to inspire conversation about parenthood. *Positive Parenting* can help people discover better parenting outcomes through solution-focused and strength-based approaches.

**CAT NO: 4926 \$55.00**



## Anxiety Solutions

**On-hand strategies and techniques for overcoming anxiety**

50 cards, designed to help people of all ages with clinically proven strategies and techniques for managing anxious thoughts. Each card features a unique design and coping strategy, enabling users to choose an approach that is right for them. Ideal for private and therapeutic settings.

**CAT NO: 4960 \$59.95**



## No Room for Family Violence

**A resource for recognising abusive behaviours and building better relationships**

A 30 card set that encourages users to recognise family violence and explore what they want in their relationships. The cards empower people to engage in open conversations about their situation by exploring 10 key aspects of intimate relationships. The set poses questions to ensure participants understand the importance of personal needs and boundaries, and highlights the differences between abusive and respectful behaviour.

**CAT NO: 4945 \$55.00**



## Professional Practice Value Pack

The perfect pair of professional resources to support strengths-based, reflective conversations about practice approaches and work challenges!

CAT NO: 1117 \$102.00

PACK INCLUDES:

### supervision

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### Walking the Boundaries

Building ethical decision making in human services

*Walking the Boundaries* is a unique conversation-building card set containing 80 intriguing, challenging and surprising questions about everyday ethical decisions. It is specifically designed for Human Service practitioners to ponder common dilemmas that rarely have a black and white answer. Perfect for reflective learning, building cohesive teams, improving workplace cultures and professional development.

# TRAINING: IN-PERSON AND ONLINE



Yes, we can deliver workshops and training sessions remotely via teleconferencing, featuring our range of colourful, interactive digital resources.

Our strengths approach training and tools workshops are for people who wish to:

- focus on strengths and solutions rather than problems
- invigorate their teams
- build organisational culture
- create better outcomes for people
- use tools to bring meaningful conversations alive in their work.

We specialise in tailoring the content and duration of our workshops to the needs of your school, and/or you can select from our online courses.

More information:

[w: innovativeresources.org/training/](http://www.innovativeresources.org/training/)

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