



Learning to Change Lives: The Strategies and Skills Learning and Development Approach

By A. Ka Tat Tsang

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The Strategies and Skills Learning and Development (SSLD) system is an action-oriented model for enabling clients in social work, health, mental health, and human services settings to address their needs and life goals. In *Learning to Change Lives*, author A. Ka Tat Tsang introduces SSLD's powerful framework and practice, which has been developed based on three decades of experience in psychotherapy, counselling, education, training, consultation, and community service.

Learning to Change Lives provides detailed, step-by-step guidelines for SSLD intervention – starting with engagement with the client, assessment, translating problems into intervention plans, systematic learning and development of appropriate strategies and skills. Key practice procedures are described clearly and illustrated by case examples, specific instructions, and sample worksheets. Aimed at clinical practitioners, mental health professionals, social workers, and other human service professionals, this book can be used as a manual by practitioners and as a textbook for courses and training programs.

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Learning to Change Lives: The Strategies and Skills Learning and Development Approach By A. Ka Tat Tsang Bibliography

- Sales Rank: #18728228 in Books
- Published on: 2013-04-02
- Original language: English
- Number of items: 1
- Dimensions: 9.31" h x 1.03" w x 6.33" l, 1.39 pounds
- Binding: Hardcover
- 352 pages

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Editorial Review

Review

“*Learning to Change Lives* is a comprehensive guide for practitioners that provides a step-by-step approach to the SSLD method, with clear case examples to illustrate how it is applied. What makes this approach most clinically significant and worthwhile is A. Ka Tat Tsang’s emphasis on training practitioners to work collaboratively with learners in developing an intervention process. In doing so, he shifts social skills training from the development of a static program of a particular skillset to a dynamic process of training and learning.” (Kenneth Y. W. Kwan, Ph.D., C. Psych., Executive Director and Chief Psychologist, Oshawa Psychological and Counselling Services)

About the Author

A. Ka Tat Tsang is a professor in the Factor-Inwentash Faculty of Social Work at the University of Toronto.

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