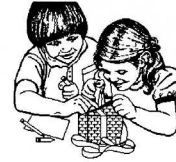


FACETS

Guidelines for Providing Help



1. Help is most useful when the help giver is positive and proactive.
2. Help is more likely to be favorably received if the help giver offers help rather than waits for it to be requested.
3. Help is more effective when the help giver allows the locus of decision-making to rest clearly with the help seeker.
4. Help is more effective if the aid and assistance provided by the help giver are normative and do not infer deviance or undue variations.
5. Help is maximally effective when the aid and assistance provided by the help giver are congruent with the help seeker's appraisal of his or her problem or need.
6. Help is most likely to be favorably received when the response costs of seeking and accepting help do not outweigh the benefits.
7. Help is more likely to be favorably received if it can be reciprocated and the possibility of "repaying" the help giver is sanctioned and approved, but not expected.
8. Help is more likely to be beneficial if the seeker experiences immediate success in solving a problem or meeting a need.
9. Help is more effective if the help giver promotes the family's use of natural support networks and neither replaces nor supplants them with professional networks.
10. Help is more likely to promote positive functioning when the help giver conveys a sense of cooperation and joint responsibility (partnership) for meeting needs and solving problems.
11. Help is most likely to be beneficial if the help giver promotes the help seeker's acquisition of effective behaviors that decrease the need for help.
12. Help is more likely to be beneficial if the help seeker perceives improvement and sees him or herself as the responsible agent for producing the change.

Dunst, C., Trivette, C., & Deal, A. (1988). Enabling and empowering families: Principles and guidelines for practice. Cambridge, MA: Brookline Books.

