

**The Faculty of Psychology**  
**University of Bergen**  
Module in the training programme for researchers

Elective PhD Perspectives course offered by the Graduate School of  
Human Interaction and Growth (GHIG)

**The Assets Approach to Health**

Offered by Research Group: Multicultural Venues in Health and Education (MCVenues)

8-9 March 2012

**Overview:**

In the research field of health certain key perspectives have gained hegemonic status, for example biomedical and disease-oriented approaches tend to dominate. This course presents an alternative, namely the assets approach to health. Asset based approaches are concerned with identifying the protective factors that create health and well-being. They offer the potential to enhance both the quality and longevity of life through focusing on the resources that promote the self-esteem and coping abilities of individuals and communities.

**Objectives:** This course seeks to inform and stimulate critical questioning around the assets approach to health.

**Required prerequisites:** None

**Course literature:** A list of required reading will be provided on registration. Participants will be expected to have read the required reading before the course starts.

**Language of instruction:** English

**Registration:** Participants must register by the 3<sup>rd</sup> of February. Maximum number of participants: 8

**Assessment format:** No written assignment ☺. However there will be four 90 minute seminars and participants are expected to prepare for these ahead of time, using readings and own experience to reflect on the seminar questions (see next page).

**ECTs:** 1 (25 hours of work)

**Course co-ordinators:** Marguerite Daniel, Torill Bull, Maurice Mittelmark

**Contact person:** Maria Luttges: [Maria.Luttges@hemil.uib.no](mailto:Maria.Luttges@hemil.uib.no)

**Day one, 8 March, Christiesgt. 13, room 276-2/3.**

0900-1030 – Introduction to course; basic assets concepts; positive deviance (MB Mittelmark)

1030-1045 -- Break

1045-1200 – Seminar: Positive deviance: an isolated concept or alive in the fields/disciplines of the course participants?

1200-1300 -- Lunch

1300-1430 – The assets approach in research with children and youth (M Daniel)

1430-1445 -- Break

1445-1600 – Seminar: The applicability of an assets approach at various points along the lifespan; participants to reflect on this thinking about the place in the lifespan relevant to their PhD research.

**Day two, 9 March, Christiesgt. 13, room 276-2/3.**

0900-1030 – Salutogenesis (T Bull)

1030-1045 -- Break

1045-1200 – Seminar: What is wrong with the assets approach?

1200-1300 -- Lunch

1300-1430 – Bringing it all together (T Bull)

1430-1445 -- Break

1445-1600 – Seminar (and close): Elevating the assets approach in research at the Faculty of Psychology: what are the barriers and how can they be overcome?