

Tree of Life

Clients uncover strengths and resiliencies with a beautiful visual effect. Printable.

Understanding the Issue

Resiliency? Innate, learned or both? Bolster an awareness of client's skills. Using an analogy of a tree, de-construct that which strengthens our clients resolve and determination.



Tool Tips

Clients follow on-screen instructions and add text as prompted. **No data is saved** after the player closes this game but there is an option to print. This tool is helpful for clarifying dreams, wishes and goals. A constructive way to review work done in sessions or group.

Key Messages

1. Being resilient means having a level of acceptance, flexibility, and adaptability.
2. Resiliency can protect from stress.

Tech Tips

- You'll need high speed Internet access ready for the session.
- Preview this tool prior to client's appointment time at www.mindyourmindpro.ca.
- Familiarize yourself with navigation of www.mindyourmind.ca.
- Use the tool with client(s) on www.mindyourmind.ca/mind-tools/do-stuff.asp. This encourages clients to revisit the site after and between sessions. **mindyourmind.ca** is an accessible, powerful resource.
- You'll need a printer, and speakers for many tools and games.
- You'll need Adobe Flash Player for many games and tools available from www.adobe.com/products/flash/about.