

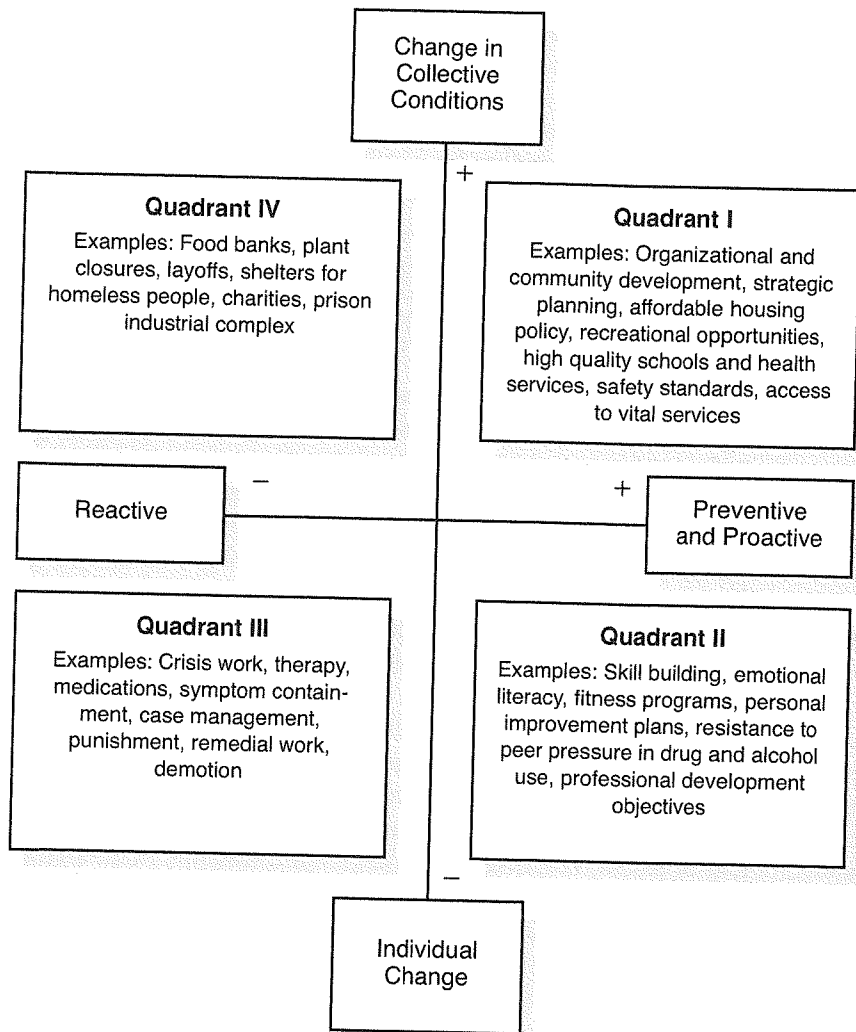


Figure 2.1 The Contextual Field of Well-Being: Efforts at the Intersection of Temporal (Reactive-Proactive) and Ecological (Individual-Collective Conditions) Domains.

The Temporal Domain This domain has to do with the timing of interventions. There is evidence to suggest that in Canada and the United States only a small amount of resources is allocated to prevention (Goldston, 1991; Nelson, Prilleltensky, Laurendeau, & Powell, 1996). The vast majority of resources are assigned to rehabilitative costs, such as hospital beds, expensive treatments, and therapeutic interventions. This is so despite the fact that high-quality preventive interventions have proven efficacious, cost-effective, and enormously more humane than waiting for citizens to develop maladies that medicine and surgery can only treat.

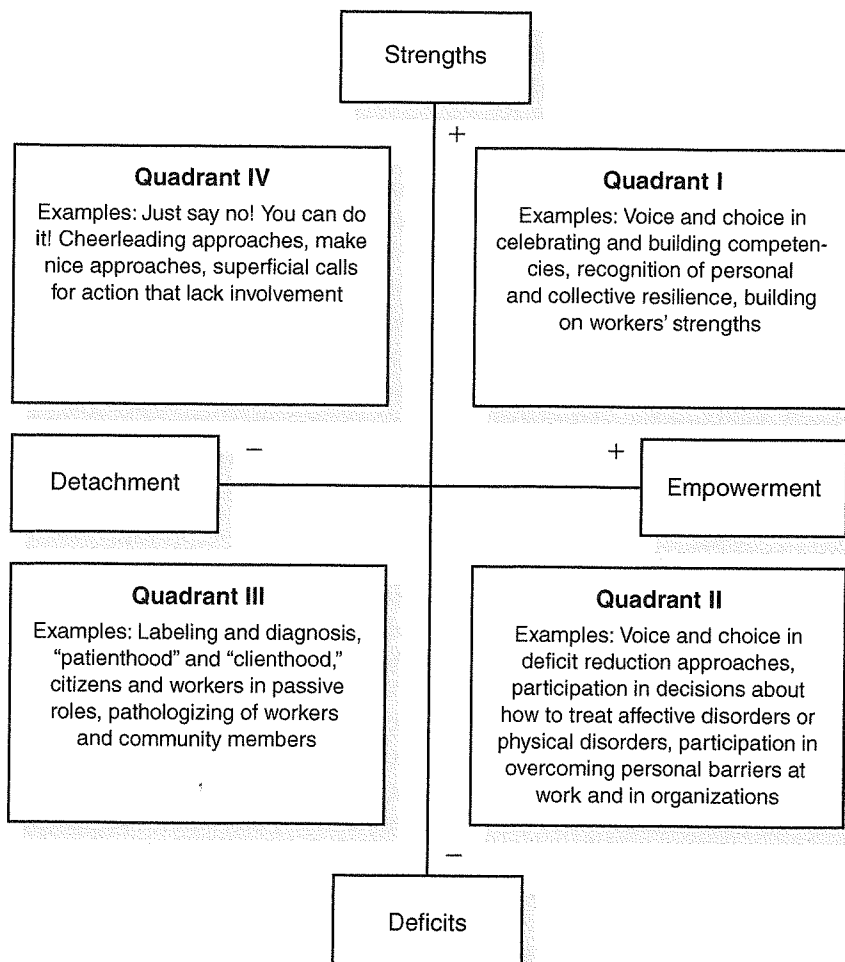


Figure 2.2 The Affirmation Field of Well-Being: Efforts at the Intersection of Participation (Detachment-Empowerment) and Capabilities (Strengths-Deficits) Domains.

The affirmation field consists of two intersecting continua: the participation and the capabilities domains. Together, they create four distinct approaches to helping and healing.

The Participation Domain Citizens are variably involved in services, programs, and policies promoting health and well-being. For the most part, however, they tend to be detached from decision-making processes directly affecting their own health or the health and well-being of the entire community. Usually, citizens are at the receiving end of decisions made by professionals or politicians, decisions that place citizens in the role

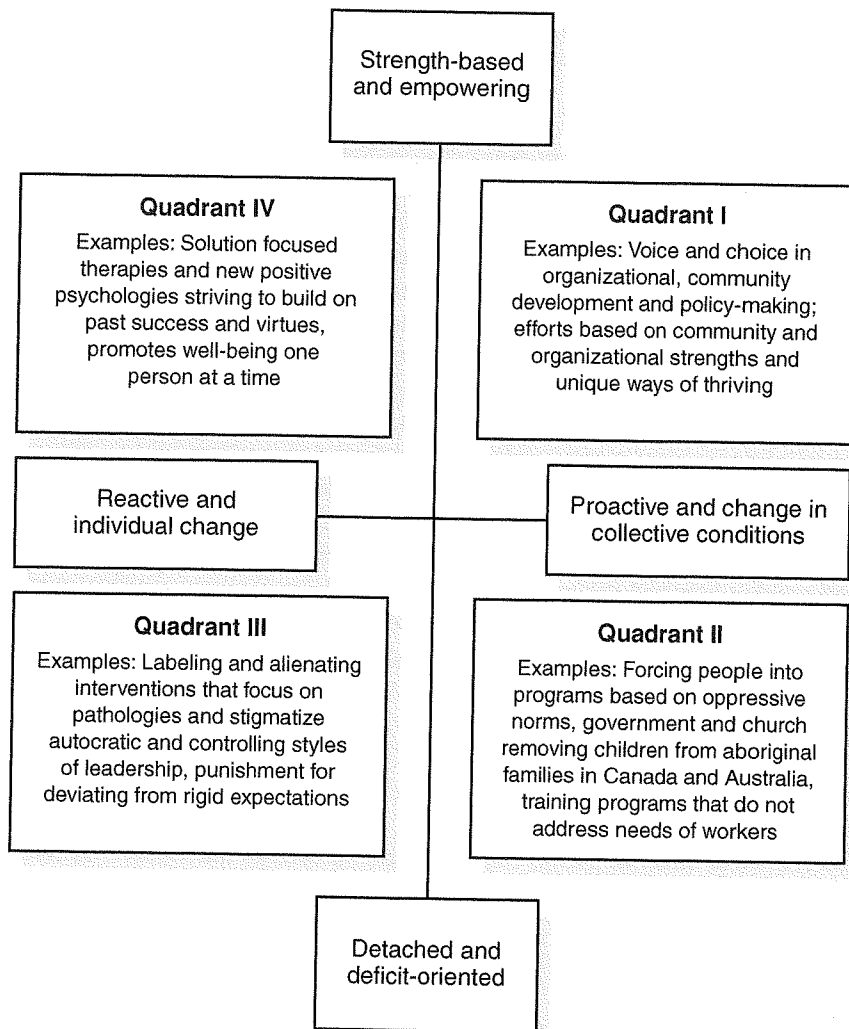


Figure 2.4 The Strength, Prevention, Empowerment, Change in Condition (SPEC) Field of Well-Being: Efforts Combining the Contextual and Affirmation Fields.

diagnosis, and alienation. Quadrant IV embodies strength-based and empowering interventions that are reactive and person-centered.

Solution-focused therapy and certain aspects of the new positive psychology represent this modality of helping. Oriented toward resilience and past successes, this approach is predicated on individuals knocking on professional doors for help after a physical or psychosocial problem has set in.

In summary, reactive, individual, alienating, and deficit-based approaches that foster patienthood instead of health, citizenship, and democracy have