



Building relationships

Building relationships is at the core of social care practice with adults. This selection of learning resources about building relationships can be used to support evidence-informed practice with adults.



Read

Quick read: [The power of small gestures: Home visits and social work \(2022\)](#)

Quick read: [Relational care: Precedent, practice and potential: Views \(2024\)](#)

Longer read: [Difficult conversations in social care: Frontline Briefing \(2023\)](#)

Longer read: [Embedding trauma-informed approaches in adult social care: Frontline Briefing \(2019\)](#)

Longer read: [Using narrative practice in direct work with children, families, and adults: Frontline Briefing \(2024\)](#)

Various resources: [Equity: Change Project Resources \(2024\)](#)

Various resources: [Family and Group Conferencing for Adults: Resource Hub \(2025\)](#)



Watch

15 minutes: [Strengths-based practice \(2020\)](#)

15-25 minute chapters: [Intersectionality and older people: Video Learning Resources \(2022\)](#)

1 hour 20 minutes: [Supporting practice: having courageous conversations \(2021\)](#)



Tools

[Virtual conversations: Practice Tool \(2021\)](#)



Listen

25 minutes: [Supporting work across cultures: Podcast \(2024\)](#)

25 minutes: [Trauma-informed practice: Audio Learning Pathway \(2021\)](#)

25 minutes: [Supporting relationship building in a strengths-based way \(2021\)](#)



Reflect

Reflect on and record your CPD using the button on each resource page. You can also bookmark and share resources with colleagues. Log and review your reflections in '[Your CPD](#)'.

For more resources, explore the [Research in Practice](#) website using the search function.