How relationships with self and others are key to us all feeling safe and secure

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Who are we?

Therapeutic Services

- Who are we? Support for Success began in 2021 – we offer community based therapeutic interventions for young people in care and young people who have left care.
- We offer support around emotional resilience; placement stabilisation; reunification, and help children and their families and networks achieve a shared understanding of any current difficulties
- We utilise an integrative approach, workers from a range of backgrounds from education; social work; psychology; psychotherapy.
- We sit within NCC Therapeutic Services where a range of teams offer a variety of interventions and services to children and families

Outline and aims

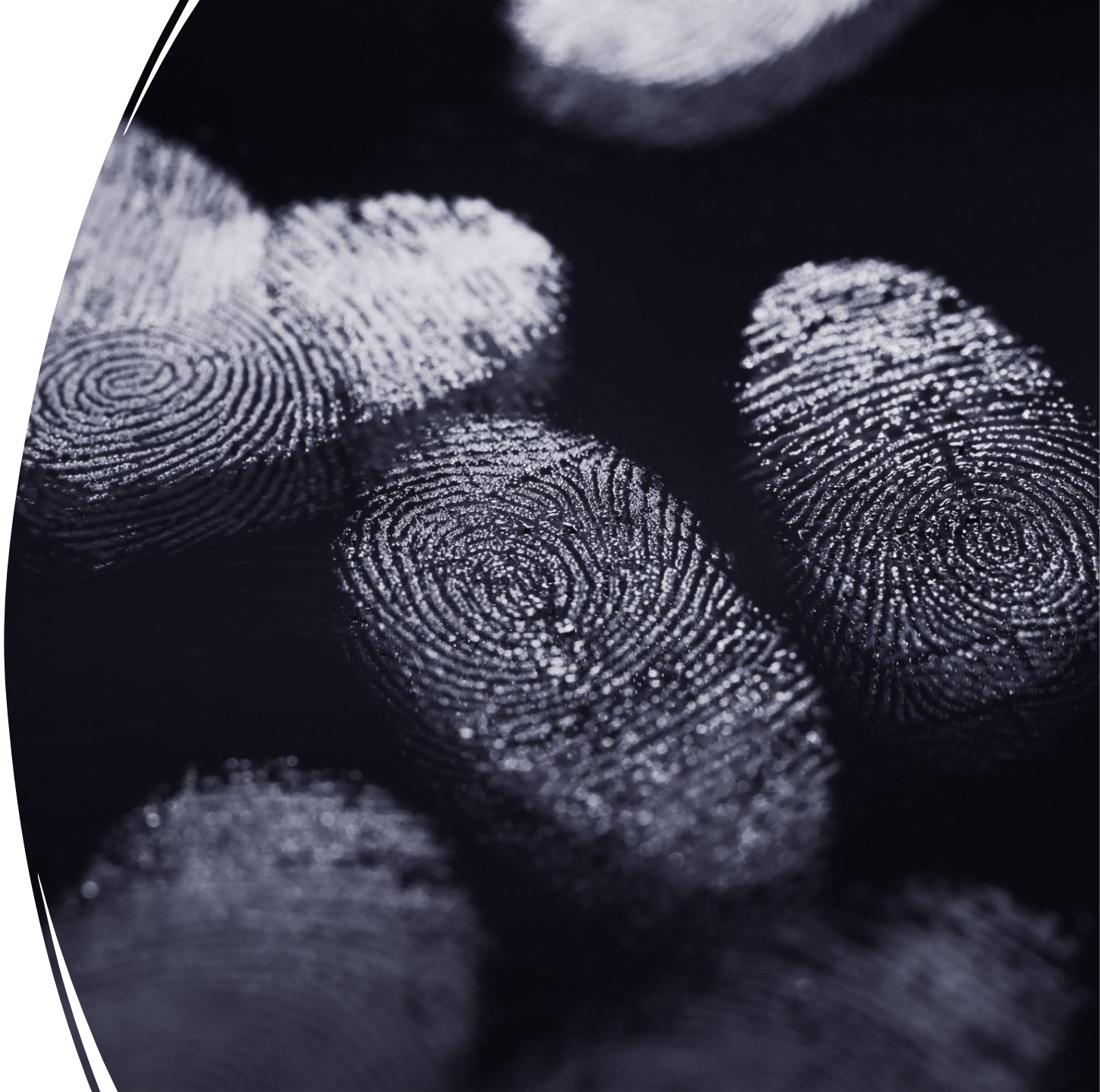
- To explore the idea of our relationship with ourselves; how this is created, and what factors impact it
- To explore how relationships are formed as well as sustained
- To help us notice aspects to attend to, that may strengthen our self awareness and the quality of relationships
- To think about what ‘safe and secure’ means, and what it looks like in real life
- To think about how we and the people we support can be safe today and secure tomorrow, using a relational lens

Self care planning

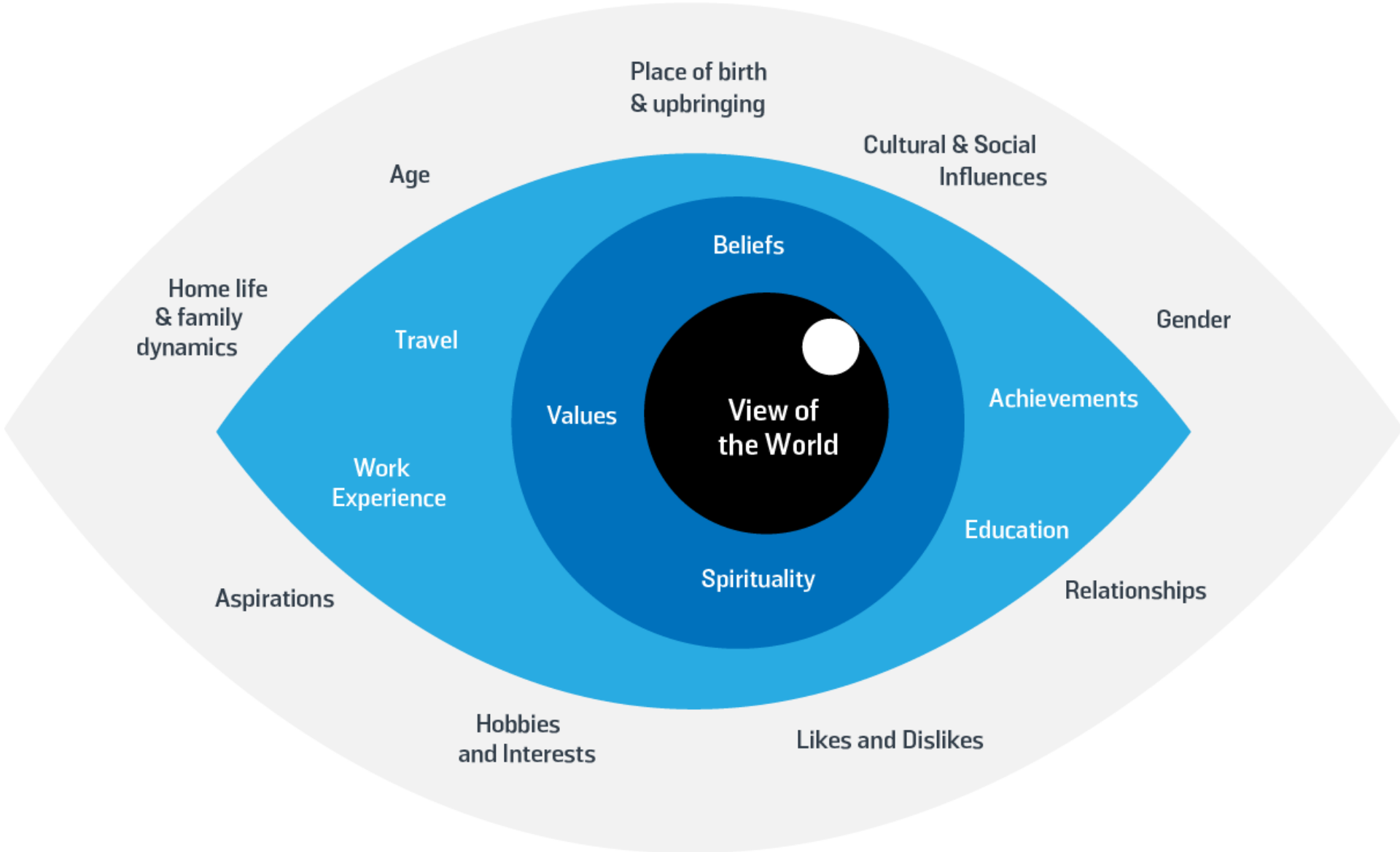
- Welcome…
- We’d love you to participate but please use the ‘raise hand’ facility to ask questions and contribute when others are talking.
- Please be considerate to others – this should be a safe, open and reflective space to learn.
- If you need live captions, click on the 3 dots at the top of your screen.
- Please do take 2 minutes to provide us with some feedback – we love to hear what you think. The QR code and link will be provided later.
- Some of these Practice Week sessions are being recorded for learning purposes. Your presenter will let you know at the start.
- Thank you!

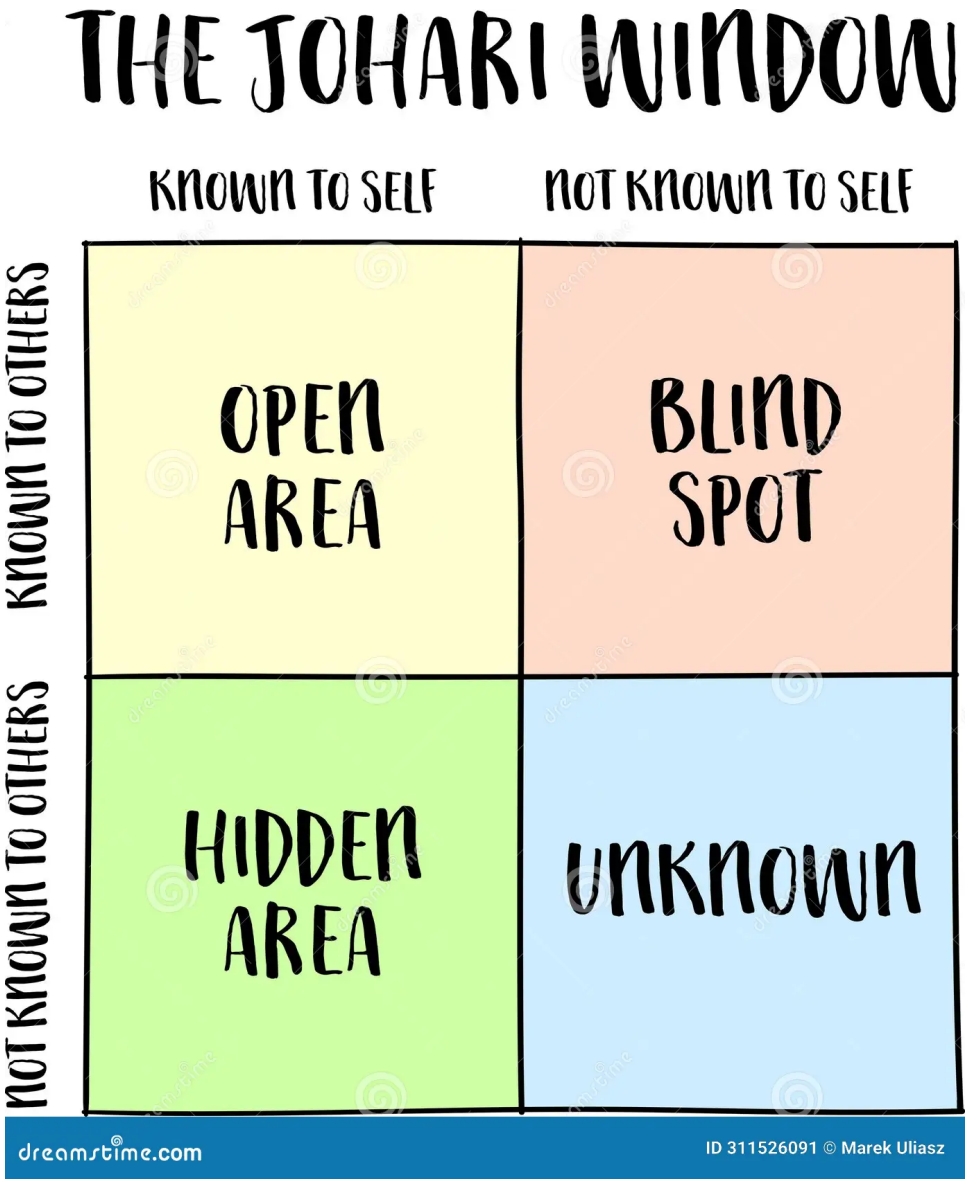
What makes us us?

- What things contribute to making you who are you as a person?
- What roles do you hold within different systems?



Frame of Reference




THE JOHARI WINDOW
KNOWN TO SELF
NOT KNOWN TO SELF
KNOWN TO OTHERS
NOT KNOWN TO OTHERS
OPEN AREA
BLIND SPOT
HIDDEN AREA
UNKNOWN
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3 words....

- Think of 3 words to describe yourself
- Think of 3 words that others would use to describe you

- Are they similar?

Inner voice

- what does your inner voice say when you get something wrong? Do you get stuck on particular things? How do you view yourself?





Connection to self

- How often do you connect with yourself?
- How do you nurture yourself – food; exercise; time alone; time with others?
- Do you spend time thinking about your experiences and how these impact you, or your relationships?
- Self awareness
- Feedback from others who are trusted
- Be mindful of different experiences and how accessible and relevant this may be

Adverse Childhood Experiences

- 10 ACEs:
- physical abuse
- sexual abuse
- psychological abuse
- physical neglect
- psychological neglect
- witnessing domestic abuse
- having a close family member who misused drugs and/or alcohol
- having a close family member with mental health difficulties
- having a close family member who spent time in prison
- parental separation or divorce

What Impact Do ACEs Have?

As the number of ACEs increases, so does the risk of negative health outcomes



Possible Risk Outcomes:

BEHAVIOR

- Lack of Physical Activity
- Smoking
- Alcoholism
- Substance Abuse
- Missed Work

PHYSICAL & MENTAL HEALTH

- Severe Obesity
- Diabetes
- Depression
- Suicide Threats
- STIs
- Heart Disease
- Cancer
- Stroke
- COPD
- Broken Bones



Safety with others

Attachment theory and circle of security

- Secure attachment (consistent, responsive caregives) = higher self esteem and more positive self-concept
- Insecure attachment (inconsistent, or neglectful caregiver responses) = lower self esteem
- Creates internal working models of ourselves and others, which then influences perception and expectations
- Circle of security as the idea of a secure base to return to, alongside developmentally appropriate exploration



Emotional safety

What does it look like when we don't have emotional safety? Being accepted and valued as you are, provides you with foundations which enable you to withstand adversity.

If you have not had early experiences of emotional safety it can result in fight/flight/freeze; nervous system organisation; survival strategies that we create and enact.

Peter Levine – somatic processing – lack of safety is physiological, not just psychological, it holds in the body. Hypervigilance, anxiety, high alert.

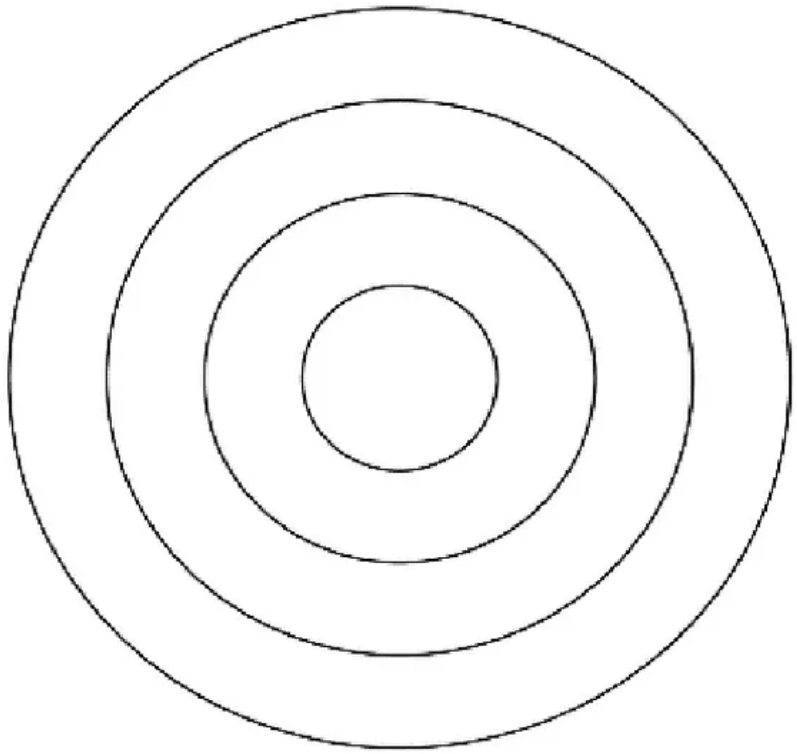
Systems theory and family scripts

- What are family beliefs each ‘family’ is different
- What scripts or sayings or stories are passed down from generation to generation?
- Tensions – conflict between own experiences and beliefs and school; other families; friendships; colleagues and sometimes employers may make more sense if viewed through a systemic lens

Maslow's hierarchy of needs



RELATIONSHIP CIRCLE



- You are the central circle
- Think about people in your world and where you would place them and why
- Think about family; friends; colleagues; support network; religious community; acquaintances; neighbours
- Why are those people closest to you positioned there? What about that relationship brings them close?

How can we do things differently?

- Acknowledge and process past experiences to understand the ‘why’
- Know that we can shift things – neural plasticity continues through our lives!
- Hold in mind the experiences and intersectionality of the people we are supporting
- Continue to develop our own and others’ resources and strategies to connect to ourselves and others
- Know what you are bringing to your relationships with services users.

Key Takeaways

- Relationships as key – interdependency
- We may repeat patterns
- Understanding that safety is individual and an active process
- Acknowledging past experiences and relational templates, AND knowing this can shift and change
- Self awareness as the path to safety and security

Please provide some feedback - it only takes a minute!

flourish

