

**EMPATHY... IT'S SIMPLY LISTENING,
HOLDING SPACE WITHOUT JUDGEMENT,
EMOTIONAL CONNECTING AND
COMMUNICATING THAT
INCREDIBLY HEALING
MESSAGE OF 'YOU'RE
NOT ALONE'.**

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SMILE & LONG TERM

Inside Out

- ▶ <https://www.youtube.com/watch?v=8XInTTCydDQ>

Connection

- ▶ The loom and weaving the pattern



Mosaic

► **Mosaic as a whole is the loom**

Ponder time

- ▶ What do you think long-term means to our young people?

A short vignette

▶ Angela

Time for Angela

- ▶ Long –term itself relates to a period of time and time is a commodity that mosaic feels is worth investing in.

Ponder time

- ▶ Can I allow myself to belong to you?
- ▶ Can you allow yourself to let me belong to you?
- ▶ Can I allow myself to let you belong to me?
- ▶ Can you allow yourself to let yourself belong to me?

Why do we need time

▶ Bruce Perry and Developmental Trauma

Co-Regulation

- ▶ Why time is so important to co-regulation and attunement

Emotional dysregulation

▶ Signs of emotional dysregulation at home

Part of your role

- ▶ **It can be helpful to understand that part of your role as a therapeutic foster parent to a child with developmental trauma, is to regulate your child's big emotions for them.**

Lies

- ▶ False allegations
- ▶ Protective denial
- ▶ Promoting a useful image
- ▶ Multiple Realities
- ▶ Understanding responsive Strategies

Allegations

- ▶ Who, what, when, where and why?

Identity

- ▶ Identity linked to long-term

Ponder time Identity Bubble

Culture and
Heritage

Personal
Belongings

People

Language

Hobbies and
Interests

Employment

Beliefs

Staying put

- ▶ Fostering does not stop at 18

Fostering Network

► What the Fostering Network say

What do you need?

- ▶ Commitment
- ▶ Resilience
- ▶ Compassion for the young person and yourself
- ▶ Support network
- ▶ Self-care
- ▶ Shoring Up the placements
- ▶ SSW
- ▶ Therapist working with the family
- ▶ Therapeutic Supervision
- ▶ Support worker
- ▶ Office Team

Ponder time

- ▶ When pushed to our limits where do we go

Starfish



"I don't feel very much like Pooh today," said Pooh.

"There, there," said Piglet.

"I'll bring you tea and honey until you do."

