



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 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?





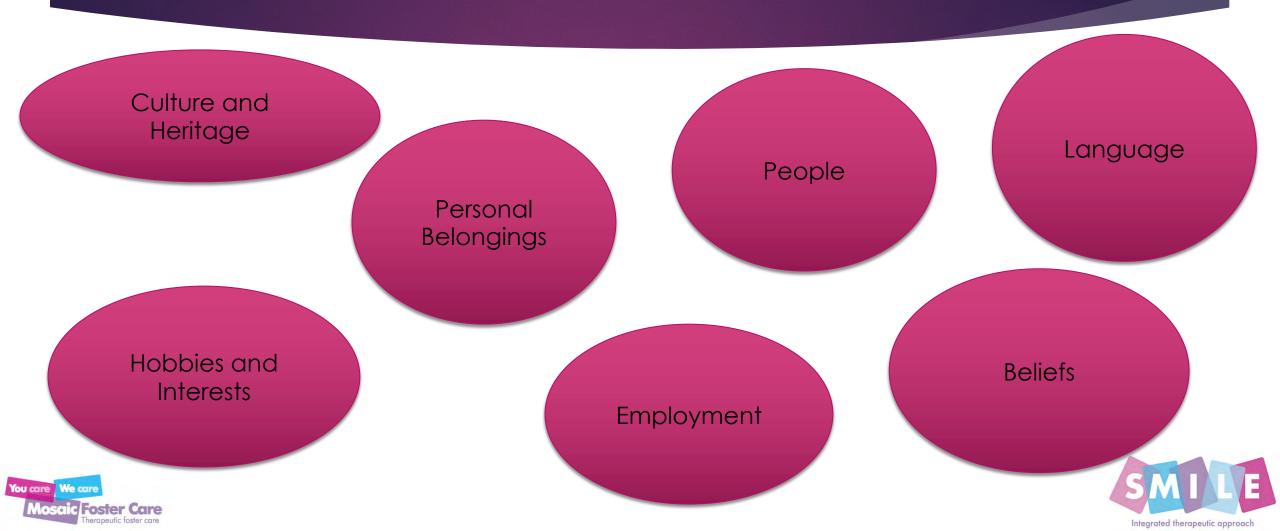
## Identity

► Identity linked to long-term





## Ponder time Identity Bubble



# 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



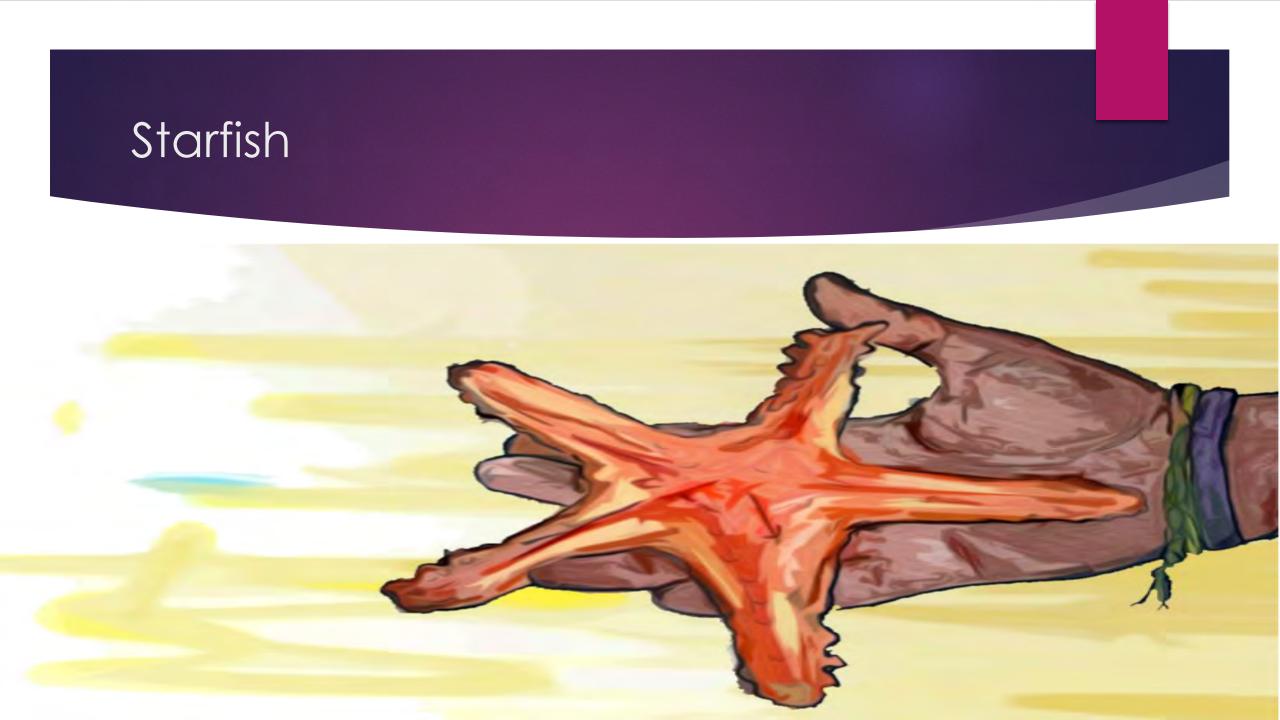


#### Ponder time

► When pushed to our limits where do we go







"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."

