

**FEELING SAFE IS THE TREATMENT
AND CREATING SAFETY
IS THE WORK**

Stephen Porges



*NVAR
Northampton*



INTRODUCTION TO SMILE & SAFETY

What are Adverse Childhood Experiences?

- ▶ Referred to as 'ACE's'

There are 10 types of childhood trauma measured in the ACE Study.

- ▶ Five are personal
- ▶ Five are related to other family members

Effects in Adulthood

- ▶ Felitti and his team found that as children matured, they didn't outgrow the effects of early experiences. "Traumatic experiences are often lost in time and concealed by shame, secrecy, and social taboo" this means that the impact of trauma as a child often pervades into adulthood.

Ponder time!

- ▶ **Let's think about these ACE's**
- ▶ **Silently to yourself, think about how many of these ACE's you might have experienced in childhood**
- ▶ **Think about how this may have affected you? Research shows that you only need to have 3 or more for ACE's to have affected your adult life**
- ▶ **In your groups, discuss confidentially how this may have impacted you (only if you want to, no pressure)**

Effects in Childhood

- ▶ Professor Bessel Van der Kolk, showed us that early trauma creates an 'assault' on the child's development over time. Not only do traumatised children develop a range of unhealthy coping strategies, which is how they adapted to threat, they also do not develop the essential daily living skills that children need, such as being able to manage impulses, solve problems or learn new information.

Symptomology of ACE's often Described as Difficult Behaviour

- ▶ Listen to the list and give a point for each one that your young person displays

Trauma

► **To us, trauma means.....**

The Effects of Trauma.....

- ▶ **Trauma also causes developmental deficits that in addition, create a resistance to new experiences. These can include:**

Ponder time!

- ▶ **What did the word trauma mean to you prior to fostering?**
- ▶ **What does the word trauma mean to you now?**

What is the aim of SMILE?

- ▶ To understand behaviour
- ▶ How to respond to this

Introduction to SMILE

Why the need for an
integrated approach?

The question to ask is...

- ▶ Not what is *wrong* with the child
- ▶ But what has *happened* to the child

S - Safety

- ▶ **This is not just about keeping your young person safe, it is about helping them to FEEL safe**

Ponder time!

- ▶ **What helps you feel safe?**
- ▶ **What stops you feeling safe?**
- ▶ **How do traumatised children and young people feel safe?**
- ▶ **What stops traumatised children and young people feeling safe?**

Safe World?

- ▶ **What does a safe world look like to a baby?**

Feeling Safe...

▶ **How does this happen?**

Feeling Unsafe...

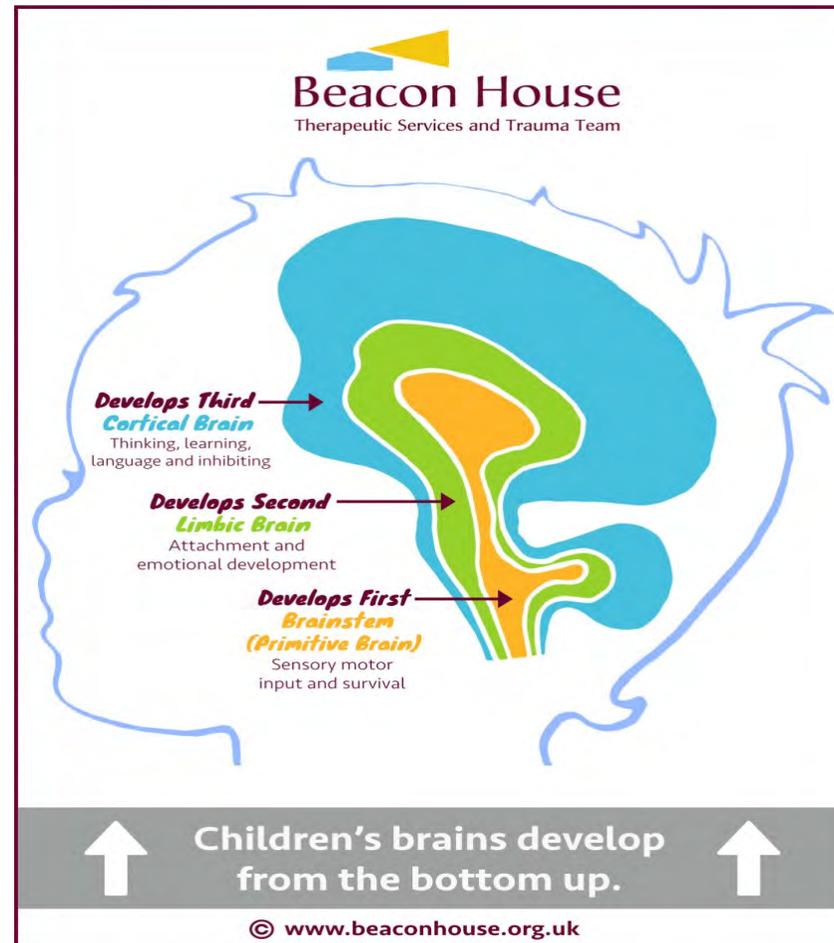
- ▶ **What happens without the protective factors and a feeling of being unsafe?**

When feeling unsafe it is impossible to emotionally regulate.....

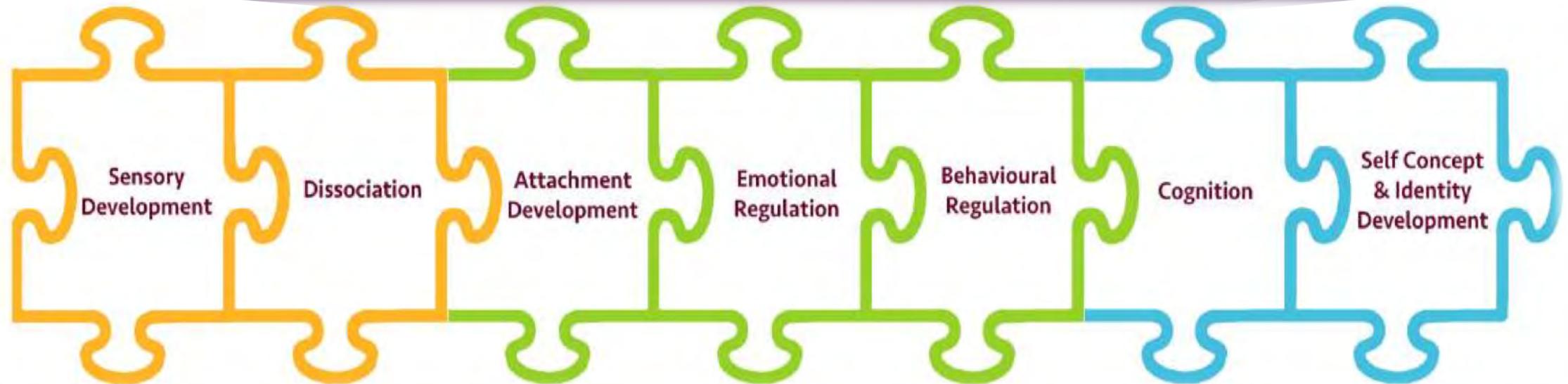
- ▶ **For traumatised children, small 'every day' things spiral them out of their window of tolerance.**
- ▶ **Symptoms of Hyper-Aroused**
- ▶ **Symptoms of Hypo-Aroused**

The change to a safe environment...

▶ Time and plenty of patience is key!



The Seven Impacts of Developmental Trauma



ACE's

- ▶ **How do we relate this to children and young people in care?**

Behaving as a way of Communicating

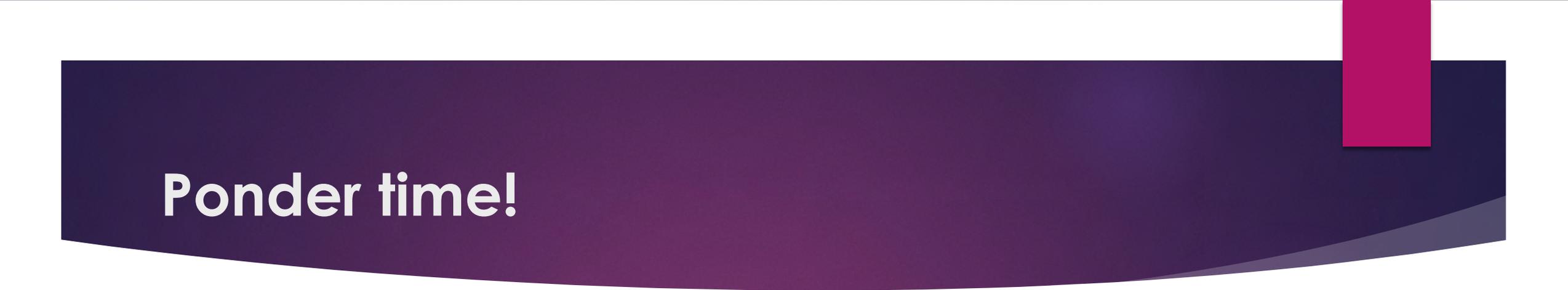
- ▶ The memories before language comes along are known as 'implicit'

Memories

▶ **The body remembers!**

An Interesting Thought...

- ▶ **What does attachments have to do with it?**
- ▶ **What is Safety Blindness?**



Ponder time!

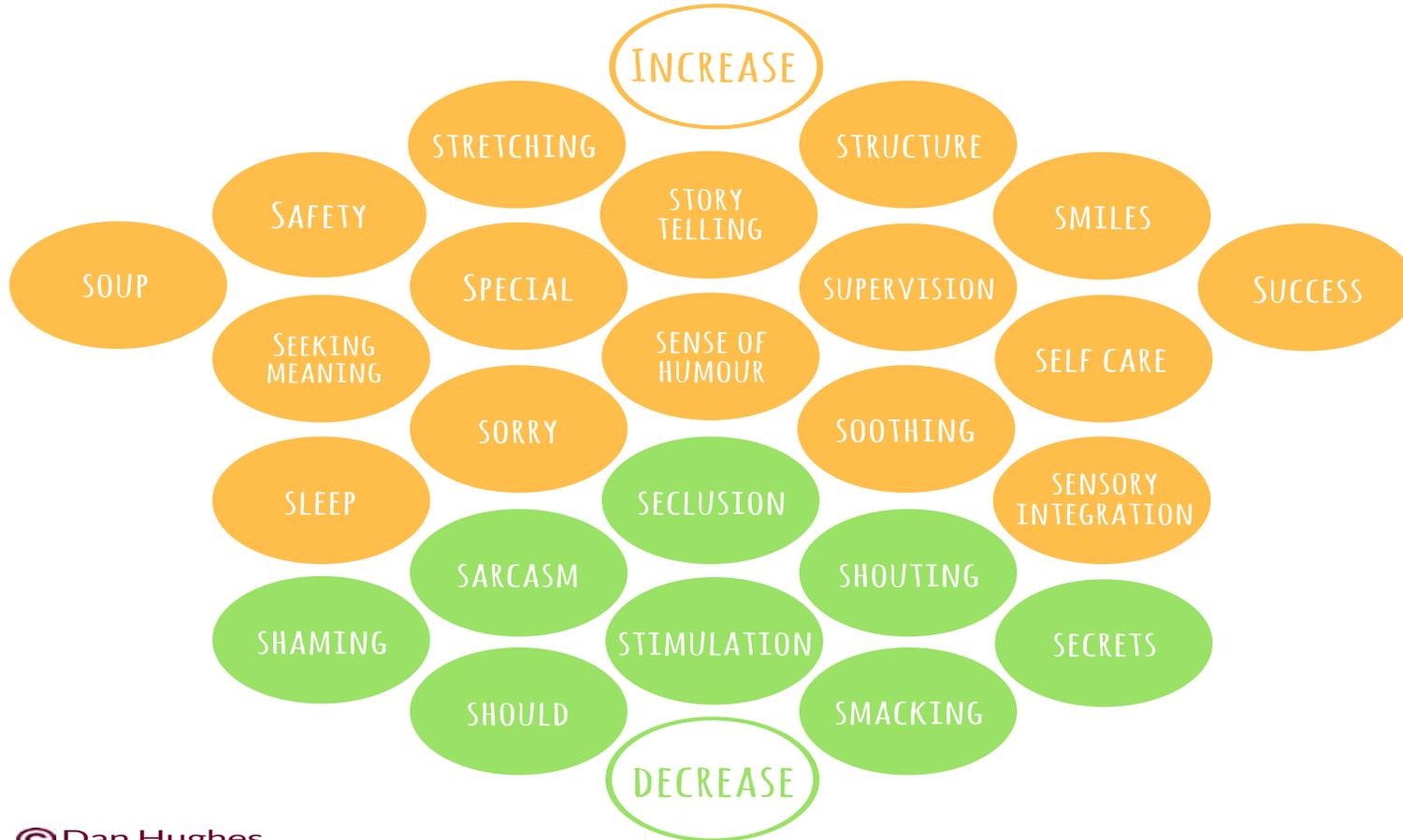
- ▶ **What behaviours do you think may mask this helplessness in young people?**

What can we do?

- ▶ **To feel safe children and young people need...**

DAN HUGHES' 24 S'S

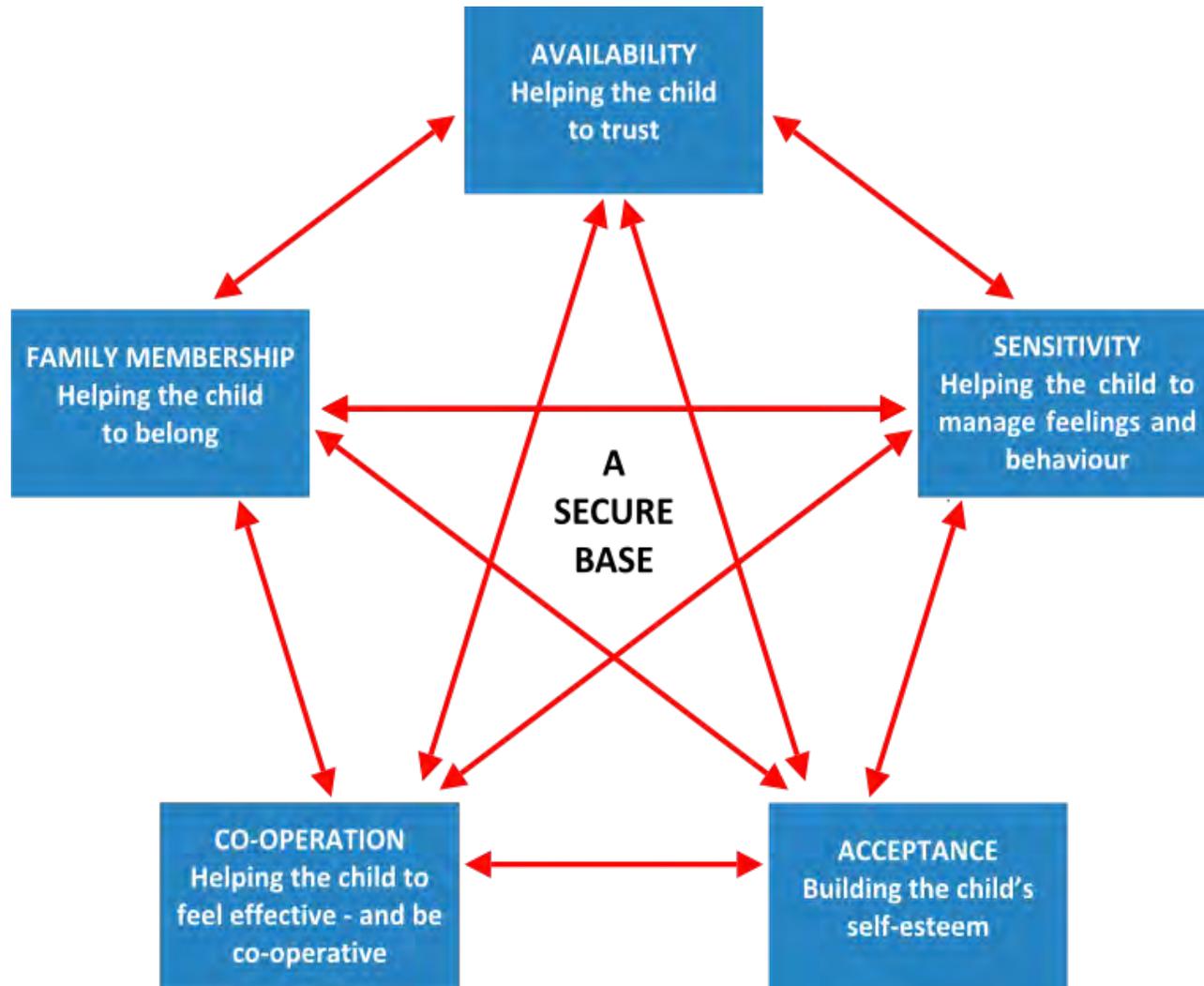
A guide for raising your troubled or sensitive child



How do
we do
this?

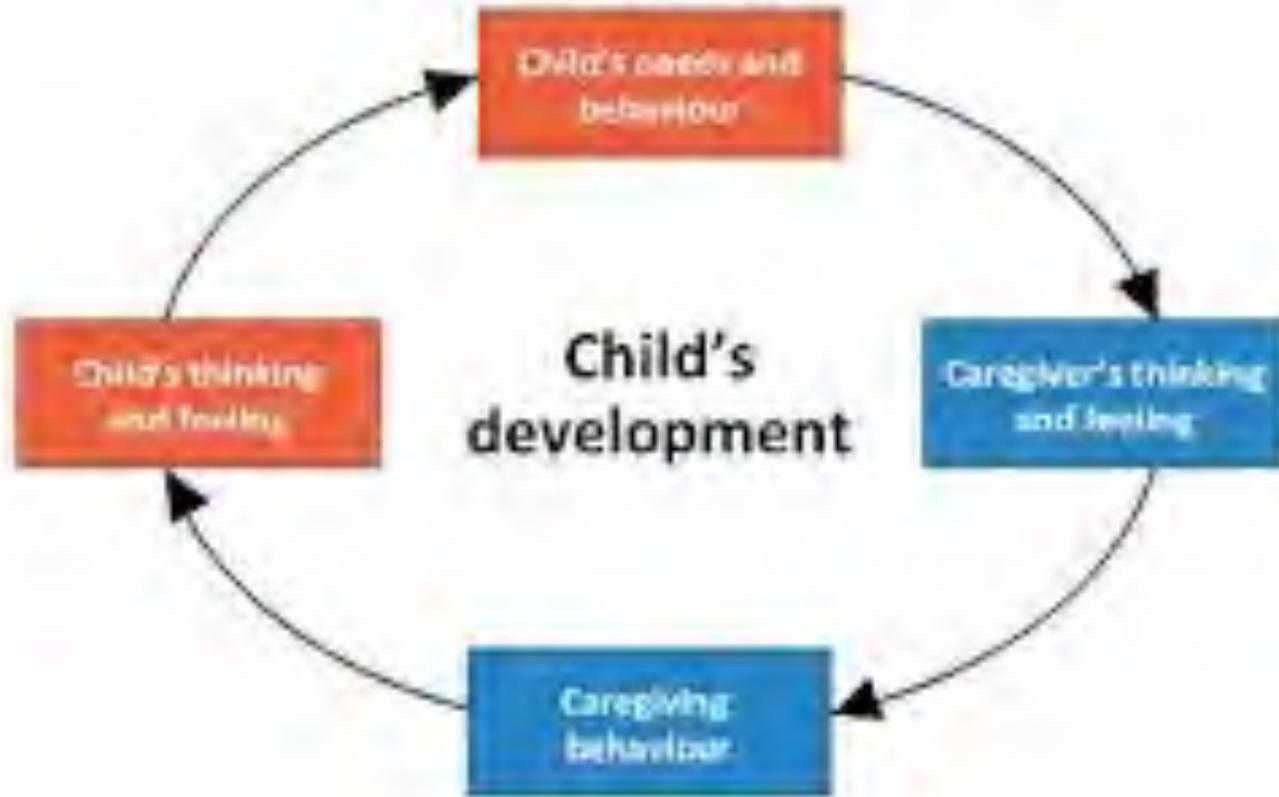
Ponder time!

- ▶ **Think about the diagram and discuss how many of the orange S's you use with your young person consciously?**
- ▶ **How many of the green S's do you use subconsciously when drawn into the behaviour by your young person?**



The secure base model

The caregiving cycle



The
caregiving
cycle

Correct responses

- ▶ **These experiences increase the 'window of tolerance'**

Safe-uncertainty

- ▶ **We would like all Mosaic children and young people to develop a sense of Safe-uncertainty.**

Practical Safety

- ▶ **Safeguarding Review Meetings**
- ▶ **Diary logs/recording**
- ▶ **Safer Care Plans**
- ▶ **Health and Safety Checks**
- ▶ **Communication**
- ▶ **Physical health**
- ▶ **Education**

Have a good week!

i cannot stop your
spiral, but i can
wrap my arms around
you until it begins
to make sense.
i cannot drown out
the voices in your
head, but i can
whisper it's ok
until they fade.
i am not afraid of your
darkness. i do not
despise your mess.
i fear your inability
to see what i see.
a beautiful soul.

JmStorm