


Connect and Learn Series

Mental Health Month October 2020



- ▶ Dublin City North Children and Young People's Services Committee
- ▶ Mental Health and Wellbeing Subgroup
- ▶ October 29th 2020

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www.dcnycps.com
 Dublin City North Children and Young People's Services Committee



'The Best Me I Can Be': Supporting Traumatized Adolescents To Build Resilience



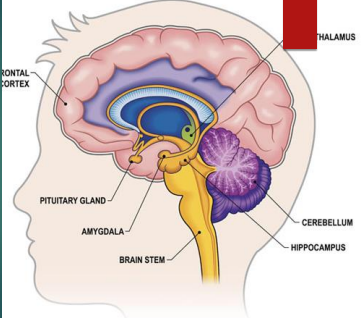
Christina Enright
 Child & Family Psychotherapist
 Developmental Trauma and Attachment Specialist
 Consultant Clinical Supervisor, Trinity


Qualitative Study – Impact of Therapeutic Keyworking

Prof Alessandra Lemma - Anna Freud Centre

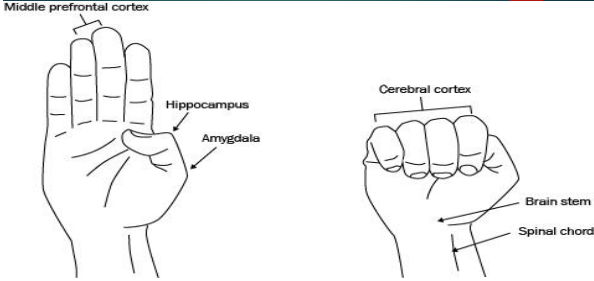
- ▶ Attachment to others are building blocks of the mind-warmth, consistency, reliability and support of the relationship with the keyworker centrally important to their development
- ▶ Accepting them unconditionally/Being there, sticking by me/Stood by me no matter what
- ▶ Re-enter a non-traumatising world of relationships' being there for the young person through the good and bad times
- ▶ keyworker functions as a primary object that understands, anticipates, contains and meets ego need
- ▶ Helps challenge implicit assumptions about self and others and what has been experienced up to now
- ▶ Keyworker as role model or motivational figure
- ▶ Having someone to look up to, believing in their potential
- ▶ Rekindling of hope through keyworker's optimism
- ▶ Being powerful in the mind
- ▶ Importance of keyworker understanding "Own Ghosts"

Transitioning to Adolescence: A Unique Stage of Development

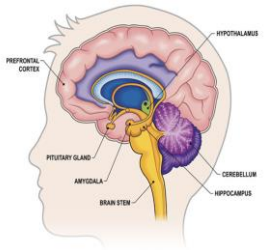




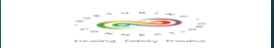
Dan Siegel -Imagine Your Hand As A Brain



Car Analogy



- Imagine Your Brain as a Car**
- **Engine/accelerator**—immature PFC and judgment
 - **Immature Brake system**
 - Where would you prefer to be – in the driving seat or the passenger seat?
 - Will you let me help you to be able to put the brakes on so the car does not vere out of control?



Using Puppets/Figures



Using Puppets/Figures

Creating Body Confidence / Competence

- Sensory approaches**
- ▶ Food
 - ▶ Touch
 - ▶ Smell
 - ▶ Auditory
 - ▶ Visual
 - ▶ Vestibular/Rhythm
 - ▶ Yoga
 - ▶ Any sport
 - ▶ Dance
 - ▶ Martial arts



Building Resources

- ▶ Memory of a time they felt good- use anchoring technique
- ▶ Calm place visualisation- imagine in a calm place and to describe what he/she sees, hears, smells, tastes and feels
- ▶ Ask them to connect to the memory of someone they love or admire. This could be family friend, professional, deceased relative or fantasy figure.
- ▶ Power animals/ superheroes



Struggles to Express Thoughts, Feelings- Using Creative Ways of Communicating with Children and Adolescents

- ▶ Play, the arts and creativity is a child's natural way of communicating
- ▶ Puppets
- ▶ Figures
- ▶ Books
- ▶ Songs
- ▶ Poetry
- ▶ Film/drama



Talk Regulator

- ▶ Green- chat away
- ▶ Amber- getting a bit difficult
- ▶ Red- too much

Expressions All About ME

- I worry about _____
- I dreamt about _____
- I am proud of _____
- I am interested in _____
- I am afraid of _____
- I don't believe in _____
- I am good at _____
- I am poor at _____
- I have to _____
- I feel like _____
- I regularly _____
- I never _____
- I can't stand _____
- I have difficult by _____
- I have a habit of _____
- I no longer _____

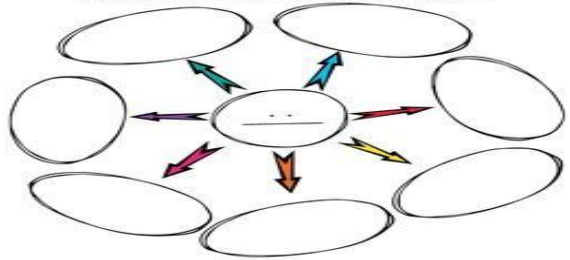


_____ makes me laugh.
 _____ makes me sad.
 _____ makes me angry.

www.boggleworld.net

What are things that cause me stress?

In each oval, add something that is a stressor to you.



ADDING A LITTLE PERSPECTIVE TO A SITUATION

Things are always black or white. It's either right or so wrong and there's no middle option.

Are there any questions I should ask myself or other people before making my decision?

I read right away without thinking or pausing to look at the situation properly.

I am sure in one case and different options.

Everything is important and immediate!

There is usually one that I should consider here.

Is this going to matter tomorrow? Next week? In a month? In a year?

I give myself permission to change my mind, try something new, and make mistakes.

I need to react right away!

I give myself time.

Do I need to take a step back to get a better view of the situation?

I believe there is only one way to look at things.

I give myself permission to change my mind, try something new, and make mistakes.

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Your name _____

Anger Map

What kind of face do you have when you are angry? ▼

What things do you say? ▼

How do you behave when you're angry? ▼

What happens to your body when you're angry? ▼

Other ways of handling my anger ▼

What could your anger help you to achieve? ▼

Have you learnt anything about your anger? ▼

What helps when you're angry? ▼

1. What happened? Write or draw what happened.

2. What were you thinking about at the time? Write your thoughts in the thinking bubble.

3. What have your thoughts been since the incident? Write them in the thinking bubble.

4. Who do you think has been affected by your actions? In what way have they been affected? Write down who was affected in the body outline and label how they were affected. You can also draw their facial expression.

5. What do you need to do now to make things right? Write in the speech bubble.

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Find-A-Feeling

WORD SEARCH PUZZLE

S	E	C	H	S	S	D	S	D	L	A	O	W	I	C
F	T	S	O	T	D	D	U	W	H	N	E	S	T	O
E	I	I	E	N	T	H	O	P	E	F	U	I	A	D
U	O	E	D	T	F	R	U	S	T	R	A	T	S	E
L	I	L	O	C	R	I	C	I	T	A	T	S	C	E
T	O	S	S	I	E	O	D	L	O	A	U	U	D	S
H	L	N	E	X	C	I	T	E	D	F	I	O	O	I
A	I	D	E	K	C	O	H	S	N	A	R	L	K	R
P	F	E	N	L	R	S	U	O	I	T	U	A	C	P
P	T	R	R	H	Y	D	C	F	P	D	F	E	U	R
Y	S	O	A	R	S	U	O	V	R	E	N	J	H	U
E	T	B	G	I	H	O	P	E	F	U	L	R	O	S
N	C	N	E	R	D	R	T	R	O	A	F	E	D	A
W	A	P	D	R	E	P	I	P	T	E	T	E	S	A
L	S	U	I	O	T	T	L	T	R	H	O	Y	G	S

SURPRISED	ENRAGED	PROUD
NERVOUS	HAPPY	HOPEFUL
AFRAID	ANGRY	CONFIDENT
CAUTIOUS	FRUSTRATED	LONELY
CONFUSED	SORED	SHOCKED
ECSTATIC	JEALOUS	HOPELESS
EXCITED	WORRIED	SAD

My Strengths and Qualities

<p>Things I am good at:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Compliments I have received:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>What I like about my appearance:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Challenges I have overcome:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>I've helped others by:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Things that make me unique:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>
<p>What I value the most:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>	<p>Times I've made others happy:</p> <p>1 _____</p> <p>2 _____</p> <p>3 _____</p>