You ARE the Tool

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Plan for our time together

- Intro—who we are, who you are, objectives for today (5 min)
- Activity—in pairs/debrief as group (15 min)
- Exploring concepts together (15 min)
- Activity—in groups of 3-4 (15 min)
- Discussion (15 min)
- Summary/Benefits of a relationship-based approach to your work (15 min)
- Q & A (10 min)
Objectives

1. Explore ways to get feedback on a regular basis (from clients; colleagues). There is strength in being vulnerable. Look at how vulnerability strengthens relationships and explore how to use vulnerability as a way to access and build resilience.

2. Evaluate What you bring to your work, and what children and families NEED from you. Knowing yourself helps you to break down barriers and build trust through authentic relationships. Part of this knowing is reflecting on inequalities and implicit biases.

3. Mindful habits to keep you regulated, thus allowing you to help caregivers with their own regulation. Stopping to reflect, stopping to connect with yourself—these things are not optional!
Reflection

1. Reflect on your own story of how you came to this work.

2. How does your story impact your work?

3. What does this bring to mind about who you are and how you show up in the work you do?
“Most people believe vulnerability is weakness. But really, vulnerability is courage. We must ask ourselves... are we willing to show up and be seen?”

- Brené Brown -
Feedback

is helpful: don't fear it.
Reliability  Consistency
Sincerity    Commitment
Integrity   Competence

TRUST
Eye contact
Muscles of facial expression
Posture
Affect
Tone of voice
Hearing the whole person
Your response

Helen Reiss: The power of empathy:
http://tedxtalks.ted.com/video/The-power-of-empathy-Helen-Ries
Social and Emotional Needs of Infants/Toddlers (Promoting First Relationships)

- 1. To feel safe and secure
- 2. To feel worthy and loved
- 3. To feel acknowledged and understood
- 4. To feel noticed and receive attention
- 5. To feel a sense of predictability
- 6. To understand and be able to manage my upset feelings.
- 7. To feel a sense of control.
- 8. To feel safe and stimulated in my exploration.
- 9. To feel competent.
- 10. To have mutually enjoyable relationships and feel a sense of belonging.
Two questions

- Think about/discuss what it feels like when these needs **ARE** being met for you.

- What’s **different** about how you show up to others when your needs **are not** being met?
You can’t pour from an empty cup.

Take care of yourself first.
Mindfulness vs Self-Compassion

- Mindfulness: an ongoing, non-judgmental awareness and acceptance of emerging thoughts and feelings. Being aware that we are suffering, in pain, and/or need comfort. Notice and embrace. You cannot offer what you do not have.

- Self-Compassion: helps us regulate our emotional responses to threat (negative thoughts/feelings).

- Mindfulness is a PRE-REQUISITE to self-compassion.
WHAT IS SELF-COMPASSION?

**Mindfulness**
Self-compassion involves recognising when we’re stressed or struggling without being judgmental or over-reacting.

**Self-Kindness**
Being supportive and understanding towards ourselves when we’re having a hard time, rather than being harshly self-critical.

**Connectedness**
Remembering that everyone makes mistakes and experiences difficulties at times. We are not alone!
How to recognize anxiety in yourself and others:

- Overthinking
- Avoidance
- Sweating
- Stomach issues
- Rapid heartbeat
- Headaches
- Trouble breathing
- Needing reassurance
- Procrastination
- Constant worrying
- Lack of patience
- Trouble concentrating
"You can choose courage or you can choose comfort, But you cannot have both."
-Brene Brown
Summary/Benefits

- When using the tool—**YOURSELF**:
  - Establish rapport more authentically (which leaves more space for ruptures/repairs)
  - Improved outcomes/interventions for children/families (and your work is more meaningful).
  - Contribute to the field in a way only **YOU** can
UM...

I HAVE ADDITIONAL QUESTIONS
Resources/Reading

People/articles/curriculum

- Brene Brown
- Kristin Neff
- "An Introduction to Use of Self in Field Placement" by Heath B. Walter, professor of social work at Lewis Clark State College
- PFR

Websites

- ZTT--https://www.zerotothree.org/
- CCFW—Center for Child and Family Well-being--http://depts.washington.edu/ccfwb/content/home
- https://www.youtube.com/watch?v=fdMWPVHJ4gU  (Dr. Barbara Stroud talking about Reflective Supervision)
- https://www.facebook.com/PositiveParentingToddlersandBeyond/