

Resilience-Why Bother? 2011

Resilient Therapy : A useful framework for helping children through difficult times?

Collaborative Inquiry with Kinship Carers.

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Collaborative Research

- Who are we?
- Sarah
- Martha
- Colin
- Mary
- Sharon
- Lindsay
- Melanie
- Not here today but part of the group
- Loretta
- Shelly
- What have we been doing?
- Meeting monthly for a year to : Learn about Resilient Therapy
- Applying a Resilient Therapy way of thinking to our parenting.
- Using photographs and pictures to capture our understanding and experience of using the Resilient Therapy Noble Truths and Potions.

Attending to our own Resilience: Unique Challenges for Kinship Carers

- Personal Emotions
- Children's relationships with birth parents
- Children's biography/narrative



Managing our own Emotions

- *We have a relationship with the person whose children they are and it is difficult....we are the mothers of children who have messed up so much that they have had to have their children removed.. I have guilt*

Warmth and Love



- I was in a bad way quite depressed, was not motivated so my mum and my aunty sent me over there to get some healing and get me out of my depression . . . to go to San Francisco to stay with my aunty and she did all sorts of brilliant things walking along the beach in the morning and all those redwood trees my depression just melted away and she did reflexology on me it totally unblocked me physically. I was there in America by the last week I started to get homesick, I wanted to see my mum and of course my daughter and I wanted to see my cats and I miss England as well. US is fantastic, but England, I never felt so patriotic . When I was home I realised that those three women loved me ..and cared enough to do everything they did.. I truly felt a sense of belonging in my life(24.50)*

Place

- *I choose this because I try to instil in them never to take anything for granted, because we are very, very, fortunate for living in this country as well.*



Connectedness



- I picked this up..representing family..there may be differences in size, colour and strength. but I think that family is very important yet at the same time we draw strength from different places ..in a group like this we feel a sense of belonging there are things that we could say, I feel free to say ...belong to different places. I have a strong attachment, sense of belonging to my church..I draw a lot of strength from there...I have a strong sense of belonging with my family in Uganda-also very close friends that have almost stopped being friends and are now like my sisters.*

Elements of Belonging for us as a Group of Kinship Carers

- Love
- Warmth and Happiness
- Place
- Connectedness
- Self worth/identity
- Pride
- Safety



Helping Children Maintain Healthy Relationships

- *Mam can I tell you something-I do not want us to ever grow apart. I love you grandma you know, I love dad also , so when I love Dad do I love you less. So I said to her you know God has given you a big heart enough to accommodate all of us, you can love your dad very much, you can love you mum very much, you can love me very much , we all have our place in your heart..you can love God very much we will not be competing with one another for the love you give so I do not want you to feel guilty. Because I know that since she has been having this relationship with her dad, maybe she feel it is like a kind of betrayal*



Acknowledging that children have powerful feelings



- I say you are allowed to be angry , you have a right to be angry , I would be angry . But do not hurt anyone..do it on a pillow.

Commitment

- This is why it is so important for me to do this .. For him to have been taken away and adopted would have ended everything for me.



The Value of the Resilient Therapy Research Group.

- For us....
- **Confidence**: Recognising we were using elements of RT already
- **Structure**: for parenting
- **Resources for well-being**: recognising the importance of enlisting



Sources Drawn On

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- Rose, A. (2007) Visual Methodologies. An Introduction to the interpretation of visual matter. Sage.