

This is a Collaborative Action Research project using Photo-elicitation to represent kinship carers experiences of trying to use Resilient Therapy and individual interviews with children to find out what helps them through difficult times. The project seeks to address two broad research questions: Are there aspects of Resilient Therapy that we are already using in our lives as kinship carers? Does Resilient Therapy enable us to be more strategic in helping our children?

Those involved in the project have produced a [Kinship Carer's Resource](#).