Resilient
Therapy

Working with Children and Families

in
Child Protection

Resilience – Why Bother?
Brighton 2011

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today

   the state of the art in child protection

      resilience, rt and child protection
         what do they have in common?

         film

               discussion

                  resources

State of the Art
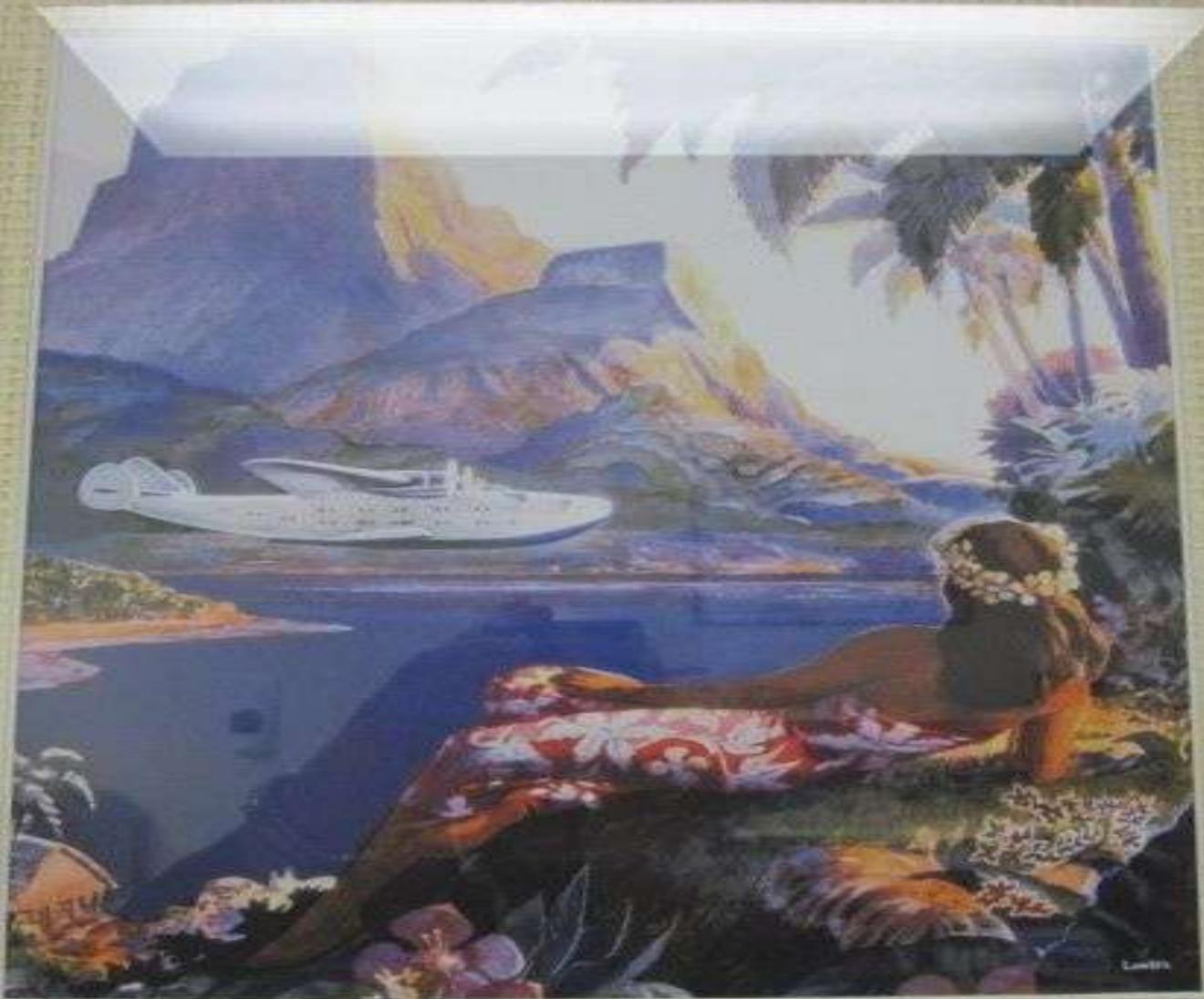
Child Protection Must Focus on the Child,
not on Rules and Targets

"An imbalance has developed between the demands of the management and inspection processes and professionals' need for a work environment – and the right capabilities – to help them exercise professional judgement, provide effective help and keep a clear focus on the best interests of the child"

Professor Eileen Munro
Feb 2011

State of the Art

Areas of reform:

Developing Social Work Expertise by keeping experienced, more senior social workers on the front line.

To strengthen the Local Safeguarding Children Boards in monitoring the impact of practice, training and learning.

Giving other professionals easier access to social work advice when they have concerns about abuse and neglect.

Revising and reducing the statutory guidance 'Working Together to Safeguard Children'.

A national system of trained reviewers of serious case reviews (SCRs).

To test out how to give front line social workers greater autonomy.

Final Recommendations April 2011

Munro 2/11

intuition

analysis

judgement

autonomy

neglect (physical, emotional,educational)

abuse (physical, emotional, sexual)

msbp/fibp

domestic violence

resilience in child protection

have we moved beyond the gloss of resilience?

is there any advantage of thinking resiliently?

does an rt approach give more value?

what specific interventions work best?

And does it cover all eventualities?

resilience

what works in adversity?

30 years of cohort research

showing characteristics

some of which are mutable, even transferable?

so there is research and there are potential interventions

3rd wave research

turning and tipping points

Context of rt

- **Constellated disadvantage**
- **Long term needs**
- **Child protection**
- **Harmful interactions**
- **Assessing and Intervening**
- **Complex**
- **Co-morbidity**
- **The failure of 'therapy'**

Specifically what we need…

- **Non-pathologising**
- **Up-building**
- **Safe and sound**
- **Motivation and energy**
- **Effective detail**
- **Reflexive**
- **Open-ended**
- **Evidence-based**
- **Culturally sensitive**

rt - with contributions from

Social Work Practice

Rogerian

Attachment

Psycholanalytic

Systemic and Organisational

NOBLE TRUTHS

COMPARTMENTS:	ACCEPTING	CONSERVING		COMMITMENT	ENLISTING	
	BASICS	BELONGING		LEARNING	COPING	CORE SELF
INTERVENTIONS	Good enough housing	Tap into good influences		Make school life work as well as possible	Understanding boundaries and keeping within them	Instil a sense of hope
	Enough money to live	Find somewhere for the child to belong		Engage mentors for children	Being brave	Teach the child to understand other people's feelings
	Being safe	Responsibilities and obligations		Map out career/life plan	Solving problems	Help the child to know her/himself
	Access and transport	Help child make friends and mix with other children		Help the child to organise her/himself	Putting on rose-tinted glasses	Help the child take responsibility for her/himself
	Healthy diet	Focus on good times and places		Highlight achievements	Fostering their interests	Foster their talents
	Exercise and fresh air	Make sense of where a child has come from		Develop life skills	Calming down – self-soothing	There are tried and tested treatments for specific problems, use them
	Play and leisure opportunities	Get together people the child can count on			Tomorrow is another day	
	Being free from prejudice and discrimination	Predict a good experience of someone/something new			Lean on others when necessary	
		Help child understand his/her place in the world				
		Belonging is not just about people				

the contribution of resilience and rt to safeguarding children

Resilience: **Child Focused**
                         Positive
                         Active
                         Outcomes

RT Approach: **Strategic**
                         Noble truths
                                   Accepting
                                   Conserving
                                   Commitment
                                   Enlisting

RT Interventions: **Basics**
                         Belonging
                         Coping

film

20 minutes
One family
One child particularly
Ongoing
Acute on chronic
Long term
Intermittent/episodic

film

Involving: domestic violence
              abuse,
              disrupted care,
              alcohol,
              mental illness,
              physical disability,
              murder,
              poverty,
              neighbourhood harassment
              school non-attendance

                        and more…….

some discussion points

is there nothing so bad that you cannot be resilient about it?

does it cover everything?

we need to do some more work:

on development

on culture and context

on resources

on perversity

and on trialing it………

Context and Risk
Some troubling issues

- social control v support
- traumatic dynamics
- case management and promoting away
- defensive practice and professional distance
- guilt by association
- collaborative inertia
- organisational promiscuity
- pathologising – deficit talk
- policy and the management of effective detail

Reading

- **Hart, A. and Blincow D. with Thomas.H. (2007)** *Resilient Therapy: Working with children and families*. London: Routledge.

- **Aumann, K. and Hart, A. (2009)** *Helping children with complex needs bounce back: Resilient Therapy for parents and professionals*. London: Jessica Kingsley

rt references

- **basics:**   Layard 2005

    Prilleltensky & Prilleltensky 2005

    Hall & Hart 2004

- **belonging:**   Hill, Fonagy et al 2003

    Schofield and Beek 2005
    Rutter 1995

- **learning:**   Masten et al 1999

    Werner & Smith 2001
    Brooks and Godstein 2003

- **coping:**   Ungar 2004

    Gilligan 1999

    Himelein & McElrath 1996

- **core Self:**   Van Ijzendoorn & Bakermans-Krandkenburg
                           2003

    Dozier, Chase et al 2001
    Winnicott 1965

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- Himelein, M.J. & McElrath, J.A.V. 1996. 'Resilient child sexual abuse survivors: Cognitive coping and illusion', *Child Abuse and Neglect* 20(8), 747-758.

CORE SELF

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- Dozier, M., Chase Stovall, K., Albus, K.E. & Bates, B. 2001. 'Attachment for infants in foster care: The role of caregiver state of mind', *Child Development* 72(5), 1467-1477.
- Winnicott, D.W. 1965. *Maturational processes and the facilitating environment*. London: Hogarth.