COURSE OUTLINE

Introduction

Resilience refers to the qualities that cushion a vulnerable child from the pain of adversity and help that child cope, survive and hopefully thrive in spite of hurt and disadvantage. This course examines the role of the foster carer in promoting resilience and how they can find ways to boost a child's resilience and enhance long term outcomes

Benefits of Attending

To gain an understanding and the importance of resilience in caring for vulnerable young people and how they can influence the long term developmental outcomes for their looked after children

Programme Highlights

- Promoting self esteem
- Keeping connections
- Formal and informal life story work
- Examples of interventions to promote resilience
- Encouraging secure attachments
- The importance of continuity and consistency
- Encouraging spontaneity and wonderment

Who Should Attend

All carers who work with children and young people who have experienced damaging or disorganised attachments.

Special Notes

Promoting resilience

Learning Outcomes

- To enable learners to have a good understanding of the concept of resilience
- To give learners some skills at building and promoting resilience with young people

Introductions (15 mins)

Session 1 (1 hour) Understanding resilience

- What is resilience. Why is it important
- Models of attachment
- Relationship between resilience and attachments

Coffee. (15 mins)

Session 2. (1 hour) Understanding resilience

- Three sources of resilience. I have, I am, I can
- Six Domains of resilience
- Factors associated with resilience

Lunch (1 hour)

Session 3. (1 hour) Assessing and building resilience

- Framework for the assessment of resilience factors
- Four step approach to building resilience
- A secure base

Coffee. (15 mins)

Session 4 (1 hour) Promoting resilience

- Promoting resilience. Interventions
- Dangers of over protection
- Giving messages to young people
- Moving forward

Any Questions (15 mins)

Close