

# CONNECTION COUNTS

*With Hannah Thomas*



*Who Am I  
& what we do ...*



**Attachment-Focused**



**Trauma Informed & Responsive**



**Supporting children  
to feel safe, seen,  
soothed & secure**

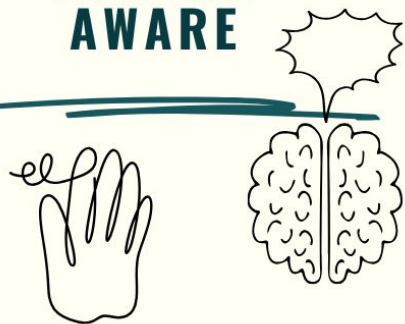
*What is Trauma?*

**TRAUMA**

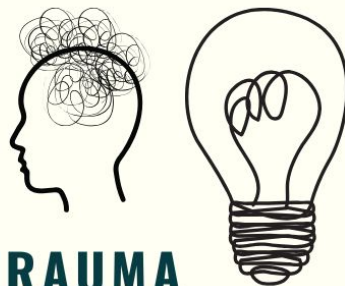
"WE ARE NOT THE SURVIVAL OF THE  
FITTEST. WE ARE THE SURVIVAL OF THE  
NURTURED."



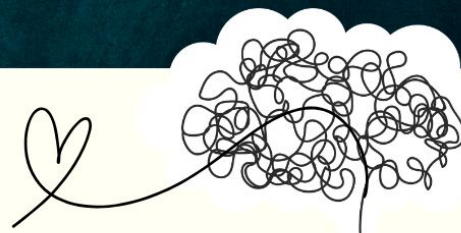
**TRAUMA  
AWARE**



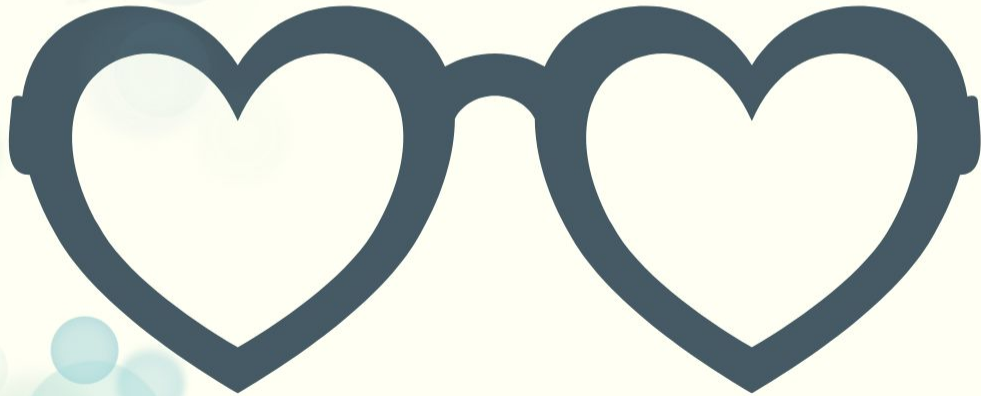
**TRAUMA  
INFORMED**



**TRAUMA  
RESPONSIVE**



# *What is your lens?*



Based on experiences and our internal working model we see the world differently to each other. Two people may be working in the same job / situation but interpret behaviour in different ways.

Our experiences build our lenses, our view of the world.



## 4S'S OF ATTACHMENT

Imagine that these 4 little love tanks are in every child's heart. Each tank represents one of the 4S's. If there is a deficit in any of those tanks, then children will go in search of anything that could fill up those tanks.

Safe, seen, soothed & secure  
(Siegel & Bryson)



“To feel safe”  
“To feel noticed”

“

“I trust my teachers / I like my teachers.”

Q.

*What makes the best teacher?*  
*Year 9: Fairfax School 2019*

“My teachers like me! & to smile.”

“My teachers remember me”



“A persons behaviour has more  
to do with their own internal  
struggle, than it ever did with  
you.”

*Behaviour is communication!*

“Communicating with a  
misbehaving child isn't a  
reward, its a lifeline.”



67% OF THE AVERAGE  
CLASSROOM HAVE  
EXPERIENCED ONE TRAUMA,  
OR MORE.



**What may be your  
obstacles this year?**

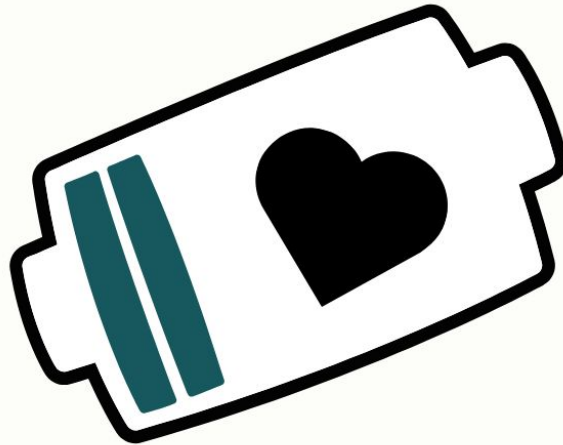




# ATTACHMENT WOUNDS IN FAMILIES



# ATTENDANCE AND ENGAGEMENT





# IDENTITY & SELF-ESTEEM

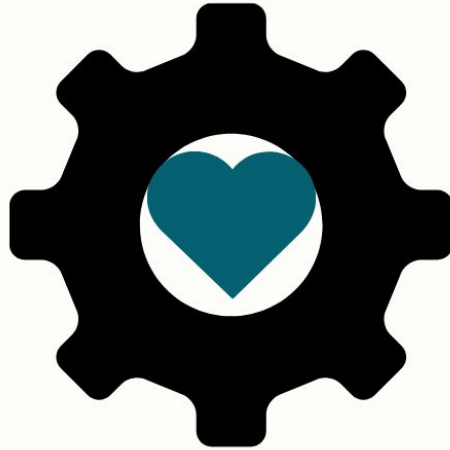


# SAFETY & BELONGING





STAFF PROVIDING YOUNG PEOPLE TOOLS  
+ TIME TO NAVIGATE EMOTIONS



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Tools to support these children ...



**Empathy**



**Kindness**



**Compassion**



**Connection**

THESE ARE KEY FOR EFFECTIVE SUPPORT

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WEAVING  
& INFUSING

# TRAUMA-INFUSED & TRAUMA-RESPONSIVE

THROUGHOUT THE WHOLE SYSTEM: A CULTURAL & PARADIGM TRANSFORMATION

VALUES &  
PRINCIPLES

DR. KAREN  
TREISMAN

  
CLINICAL  
PSYCHOLOGIST

  
TRAINER

  
AUTHOR

 **SafeHands**  
ThinkingMinds.co.uk

Sketch  
by  
@wterral

## THE PHYSICAL ENVIRONMENT

Design,  
Building,  
Space



## SUPERVISION

Performance  
Reviews &  
Appraisals



TEAM Meetings,  
Working Group, Feedback,  
& Communication Forums



Meaningful **CONSULTATION**  
& Decision-Making in ALL Aspects  
*by those with lived experience  
& multiple different voices*



## THE RECRUITMENT

Job Description **PROCESS**  
Communication  
Interview  
Feedback  
Induction



## LEADERSHIP & MANAGEMENT

- ☒ EMPATHETIC
- ☒ COMPASSIONATE
- ☒ SUPPORTIVE
- ☒ CURIOUS
- ☒ COMMITTED
- ☒ COLLABORATIVE

## EVERY INTERACTION

*is*  
**IMPORTANT**

TYPE & CHOICE OF  
**LANGUAGE**



The Organisation's  
**VISION,**   
 **MISSION,**  
 **VALUES**

## POLICIES

& **PROCEDURES**  
& **LEGISLATION**

## EVALUATION & MONITORING



STAFF **WELLNESS,**  
WELL-BEING & SELF-CARE



**TRAINING**  
& CONTINUING WORKFORCE  
DEVELOPMENT



**MATERIALS**  
   

**ASSESSMENT**  
 & **Tools** 

TYPES OF **SERVICES**  
AND APPROACHES

OFFERED  
&  
AVAILABLE



# EVERY INTERACTION IS AN INTERVENTION!

How you treat others says so much about you and  
how you view them!





*Sympathy*

Drives  
disconnection

*Empathy*

Drives  
connection

*Compassion*

Empathy in  
action





**TAKE OFF YOUR SHOES!!**



Walking in someone else's shoes ...



- **TOO TIGHT, TOO BIG**
- **UNCOMFORTABLE**
- **DOESN'T FIT**
- **DOESN'T LOOK GOOD**
- **UGLY**
- **SMELLS!**

Walking in someone else's shoes ...



**HOW MUCH MONEY IS IN  
YOUR BANK ACCOUNT?**







## *Connection Counts Podcast*

### *Take a listen!*

Take a listen to our Connection Counts podcast where we meet with professionals in the field to discuss a range of topics relating to connection, trauma and supporting children.

CONNECTION PODCAST



SCAN THE QR CODE TO FIND THE PODCAST ON SPOTIFY



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