

Focus on intervention

Presentation/behaviour

Focus on intervention

6

Ongoing safety net, for example: telephone or text access following the end of intervention. Occasional meetings if necessary. Support in good times too.

MOVE ON
Confidence achieving goals.

Autonomy within the supported context
– increased self-determination.

5

Scaffolded structure, for example: guided goal-setting, support into education/training, help to structure free time. Motivational interviewing.

FUTURE PLANNING
Increased self-belief/esteem.
Acceptance of abilities/potential.

Adult guided & supported planning – sense of purpose & achievement. Structured to maximise the chances of success.

4

Cognitive interventions, for example: anger management, chain analysis. Victim empathy, cognitive behavioural therapy, good lives approach, restorative practice.

INSIGHTS/AWARENESS
Calmer – increased insight into behaviour
– more balanced self narrative.

Integration of old and new self – development of confidence in thinking and planning skills.

COGNITIVE READINESS THRESHOLD

3

Time with trusted adult listener. Containment – co-regulation – interactive repair – bereavement work/honouring losses. May need specialist therapeutic interventions for trauma.

WORKING THROUGH TRAUMA
Return to difficult behaviours as trauma is processed
– may be clingy or rejecting staff.

Processing past experiences – grieving losses.

DISCLOSURE

2

Maximum 1:1 time with appropriate adults – working with pace – stories interactive repair – intersubjectivity maintain structure & routine.

TRUST/RELATIONSHIP BUILDING
Smiling more – building closer relationships with one or two adults – increased engagement with routines – ongoing peer relationship difficulties – ongoing confrontational/challenging outburst.

Need to develop trusting relationships with trusted adults. Need to develop a secure base and positive internal working model.

READINESS TO BUILD RELATIONSHIPS WITH ADULTS

1

Consistency, predictability and reliability. Structure & routine, for example: regular meals, apt times. Clear boundaries.

INSTABILITY/INCONSISTENCY
Challenging behaviour (aggression, absconding, self-harm). Disjointed and inconsistent living arrangement – drug use – poor sleep hygiene offending – poor nutrition – inappropriate relationships – over-reliance on peers.

Need for structure and routine in everyday life.