Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

Practice reflections

For working with children, young people and adults

KEEPING THEIR VOICE AT THE CENTRE

Ensure that your client has the autonomy to be involved in any decision making process around their lives.

- Enable active paricipation
- Validate their voice
- Collaborate
- Choice and control

Practice reflections:

- Am I regularly checking in with them to see if they are feeling heard and understood?
- Are they able to express their needs and make choices?
-

SAFETY ASSESSMENT AND CHECK-INS

Physical Safety
Check for any immediate threats, hazardous objects or environmental risks
- Gather information from support staff, the client and make observational assessments.

Emotional Safety
Be attuned to signs of distress, dysregulation, agitation or withdrawal.

Practice reflections:

- Is there a need for a break or should the environment be adjusted for better comfort?
- Have I given them an opportunity to voice any concerns or feelings?
- How can I support them using grounding or calming strategies?

WHAT IS A TRAUMA INFORMED CARE APPROACH?

Trauma-informed care is an approach that recognizes the prevalence of trauma and its potential impact on an individual's emotional, psychological, and physical health.

- Create a safe environment
- Build trust through transparency
- Promote empowerment and choice
- Recognise the signs of trauma
- Respect cultural, historical, and gender Contexts
- Collaborate with your client
- Your self care!

IMPLEMENTING A TRAUMA INFORMED APPROACH

Practice reflections:

- How can I make this space feel safe and welcoming for the individual?
- What signs of trauma might this person be showing, and how can I respond to them appropriately?
- Have I been clear about my role and what the patient can expect from me?
- How might trauma influence the way a person responds to care or interaction?
- "How can I minimise stress and discomfort during assessments or interventions?"
- Have I asked for their input on what's working or not working in the care plan?

BUILDING TRUST AND CONNECTION

Building rapport with your clients is a crucial first step in developing a trusting relationship but it is also an ongoing process . It may take some time them to feel comfortable and to trust your relationship with them.

- Create a safe and welcoming environment
- Show empathy and validation
- Active listening
- Be consistent and Reliable
- Establish healthy houndaries
- Empowering the Client Through Choice
- Be transparent and honest

BUILDING TRUST AND CONNECTION

Practice reflections:

- Have I created a space where the client feels comfortable and respected?
- Am I consistently showing up on time and prepared for our sessions?
- Am I truly listening to what the client is saying, without interrupting or rushing to provide solutions?
- Am I acknowledging and validating the client's feelings and experiences?
- Am I being transparent about the treatment plan, process, or any challenges?
- Am I mindful of non-verbal cues such as body language or tone of voice?
- Have I been clear about the boundaries in our relationship?

COLLABORATIVE PRACTICE

Collaboration is essential for ensuring that your clients receive the holistic support they need.

Practice reflections:

- Have I involved the family and any other relevant professionals in the planning process?
- How can I ensure all voices are heard, especially the child's voice?
- Have I arranged a multidisciplinary meeting to ensure alignment and input from all involved?
- Is their clarity about roles and responsibilities?
- Am I sharing information that is needed and maintaining open communication?

CLIENT CENTRED APPRACH TO CASE PLANNING

Case planning should always be centered around your clients voice, needs and their goals.

Practice reflections:

- How can I ensure the child's strengths, preferences, and perspectives are reflected in the plan?
- Am I offering a safe space for my client to express themselves without fear of judgment?
- Am I reviewing the case plan regularly with the child and their family to ensure it remains relevant?
- How can I adjust the plan based on the child's progress or changes in their situation?