Conscious Awareness

Unconscious Process

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Logo  Description automatically generated | BrainFacts | BodySensations | HeartFeelings | Shape  Description automatically generatedMindThoughts |
| Recognise the child’s communicationWhat is your initial response to the story? |  |  |  |  |
| **Observe**How are you processing he story? |  |  |  |  |
| **Acknowledge and Accept** What is happening for you.What might you avoid thinking about? |  |  |  |  |
| **Responding or Reacting?**How would you normally respond?Can you choose another way? |  |  |  |  |

**Context**

|  |
| --- |
| In the card you have picked is there anything in the image that resonates? |
| How do you normally work? |
| What might you change? |
| Reflections on the child’s view of their trauma |