Conscious Awareness

Unconscious Process

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| Logo  Description automatically generated | Brain  Facts | Body  Sensations | Heart  Feelings | Shape  Description automatically generated  Mind  Thoughts |
| Recognise the child’s communication  What 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**

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| 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 |