


ENGAGING & SUPPORTING PARENTS AND CAREGIVERS AFFECTED BY DOMESTIC VIOLENCE


Presenters:

- Susan Blumenfeld, MSW, LCSW, National Center on Domestic Violence, Trauma, and Mental Health
- Melinda Dubinski, MSW, DVS REAL Relationships Coordinator, Turning Point at People's Place
- Rosemary Martinez, MSW, Program Director, Abriendo Puertas at People's Place




Today's Agenda

- General principles of parenting in the context of trauma
- Principles/strategies for engaging parents and caregivers
- Local examples from the field
- Wrap Up/Q & A



POLL QUESTION:

IN WHAT PART OF THE STATE DO YOU LIVE AND/OR WORK?



POLL QUESTION:

WHAT IS YOUR ROLE?



THRIVE Delaware
Toward Healthy Relationships, Individuals, and Violence-Free Environments

• CONNECT • CONVERSE • CREATE CHANGE •

January 12, 2017: **What Makes an ACE? Panel and Roundtable Discussion**

February 8, 2017: **Engaging & Supporting Parents and Caregivers Affected by Domestic Violence webinar**


February 22, 2017: **Liberated Parenting Strategies webinar**



THRIVE Delaware
Toward Healthy Relationships, Individuals, and Violence-Free Environments

What Makes an ACE? Panel and Roundtable Discussion
January 12, 2017





Discussion Points/Action Steps Identified

- Promote resilience in relationships and offering relevant services
- Organizations need to recognize the impact of secondary/vicarious trauma
- Creating trauma-informed organizations improves conditions for employees/service recipients
- Exploring ways for schools to engage parents, communities, neighborhoods
- Explore ways to increase community cohesion and connection
- We, the providers, have the power to make change.
- Services need to model the frame that the individual can feel respect, empathy, and positive regard
- Show the way through modeling

TODAY'S PRESENTERS



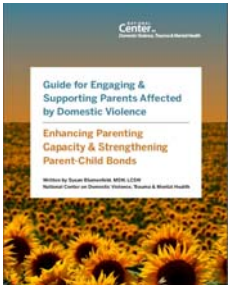
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POLL QUESTION:

HAVE YOU SEEN OR USED THE GUIDE TO ENGAGING & SUPPORTING PARENTS AFFECTED BY DV?



POLL QUESTION:

DO YOU WORK FOR A TRAUMA-INFORMED ORGANIZATION OR SYSTEM?

Engaging & Supporting Parents and Caregivers Affected by Domestic Violence

Susan Blumenfeld, MSW, LCSW
Child Trauma Training Director
National Center on Domestic Violence, Trauma & Mental Health

February 8, 2017 ~ Webinar
Hosted by the Delaware Coalition Against Domestic Violence

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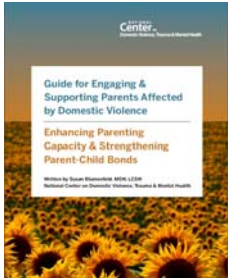
National Center on Domestic Violence, Trauma & Mental Health

We are a national resource center supported by the US DHHS, ACYF, Family Violence Prevention & Services Program since 2005.

- **Our mission** is to develop and promote accessible, culturally responsive, trauma-informed approaches to domestic violence, so that survivors and their children can access the resources that are essential to their safety and well-being.
- **We provide training and support** to improve the ways that services and systems respond to the complex needs of survivors and their children.

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About the Guide



- Intro and Core Beliefs
- Framework
- Guiding Principles
- 6 Strategies for Supportive Engagement
- Applying the Principles & Strategies: A Vignette
- Conclusion/Appendix

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Framework: How We Think About Engaging & Supporting Parents

- Relationship-Based
- Family-Centered
- Strengths-Oriented
- Trauma-Informed

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Relationship-Based

How you are... is as important as what you do.

~ Jeree Pawl

Blumenfeld, NCDVTMH, 2013

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Family-Centered

How can I use this task to better support the parent-child relationship?

~ Ann Brickson

Blumenfeld, NCDVTMH, 2013

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Strengths-Oriented

We are able to see the strengths and resilience in each of us, including our ways of coping and surviving.

Blumenfeld, NCDVTMH, 2013

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Trauma-Informed

We understand how traumatic experiences affect us and what might be helpful in supporting our natural resilience and healing.


Blumenfeld, NCDVTMH, 2013

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Guiding Principles: Getting Ready to Engage Parents

1. "Start with where the parent is at"
2. "Start with with where we, ourselves, are at"

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6 Strategies: What We Do When Engaging & Supporting Parents

1. Use Empathic Inquiry
2. Practice Mindful Awareness and Self-Regulation
3. Be With the Parent
4. Engage in Collaborative Exploration
5. Strengthen Attunement and Responsive Parenting
6. Enhance Reflective Parenting Capacity

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1st Three Strategies Take a **closer** look!

1. Use Empathic Inquiry
2. Practice Mindful Awareness and Self-Regulation
3. Be With the Parent: Holding strong feelings together

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Use Empathic Inquiry

- Helps us follow the parent's lead
- Can deepen conversation
- Is fluid
- Conveys acceptance
 - **"Where you are is okay to be"**

(L. Gilkerson)

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Practice Mindful Awareness and Self-Regulation

- Bring our own thoughts and feelings into mindful awareness
- *Pause*...to re-regulate ourselves when feeling stressed or having strong reactions
- Internally explore...without judging ourselves

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Enhancing mindful awareness and self-regulation takes practice

- Start small
- Build in regular opportunities for practice during each day
- Remember we can't will ourselves to feel or think differently in the moment. We *can* reflect on what's coming up and be curious about it.

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Reflect to re-connect!

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Be With the Parent: Holding Strong Feelings Together

- When we are open and present, it can deepen our connection
- Feelings can be acknowledged, safely expressed, and held together *in relationship to another*
- Diminishes feelings of isolation
- Engenders hope

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FOCUSED DISCUSSION

Putting the strategies into action



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Next Three Strategies

Take a **closer** look 

4. Engage in Collaborative Exploration
5. Strengthen Attunement and Responsive Parenting
6. Enhance Capacity for Reflective Parenting

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Engage in Collaborative Exploration

- Joining together in mutual exploration, when both of us are ready to engage
- This is NOT about giving advice
- Working through different perspectives with curiosity, openness, and empathy

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Strengthen Attunement and Responsive Parenting

- Begin with what the parent or caregiver does well
- Highlight the parent's positive efforts
- Resist the urge to "do for" the parent

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Enhance Capacity for Reflective Parenting

- It's the capacity to step back and reflect on the needs of our children
 - Separate from our *own needs* in any given moment
- Remind ourselves that all parents' capacity for reflective parenting varies at any hour or day

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How We Can Support Parents to Enhance their own Capacity for Reflective Parenting

- Asking questions that help parents observe and reflect on their children's behavior (week-week and over time)
- Framing open-ended questions
 - "What do you think she's telling us?"
 - "How does he usually...?"
 - "How does she let you know...?"

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When parents increase their capacity for reflective parenting, it allows their children to feel known, understood, appreciated, and held in mind.

~ Susan Blumenfeld

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In summary

- It's important to "start with where the parent is at" and to continually practice our own mindful awareness and self-regulation
- Strategies for deepening engagement are most effective when coupled with an open mind, curiosity, attunement, and pacing
- Having sensitive conversations is a dynamic process
- Enhancing capacities for responsive parenting is supported through our relationships with parents and caregivers

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FOCUSED DISCUSSION



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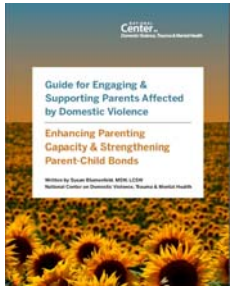
QUESTIONS?

Submit questions through the Q&A box.



POLL QUESTION:

DO YOU THINK YOU WILL BE ABLE TO USE THIS GUIDE IN YOUR WORK WITH PARENTS AND CAREGIVERS?



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