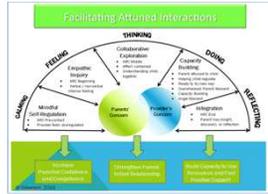


Facilitating Attuned Interactions (FAN) "A Taste of the FAN"

Your Trainer: Sylvia Kurin, MSW LICSW



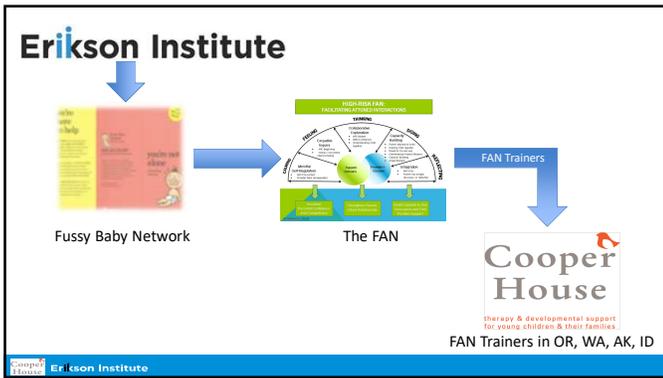
Mindfulness Moment

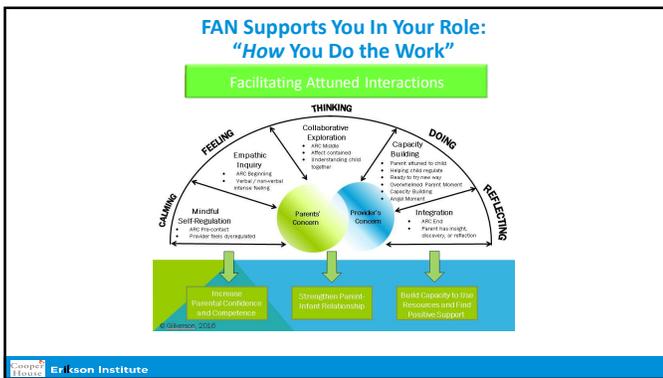


Our Time Together



- Overview of Erikson Institute, Fussy Baby Network, and Cooper House
- The FAN as a Tool for Attunement
- ARC of the Engagement
- Core Processes of the FAN
 - Mindful Self-Regulation
 - Empathic Inquiry
 - Collaborative Exploration
 - Capacity Building
 - Integration
- Reflection





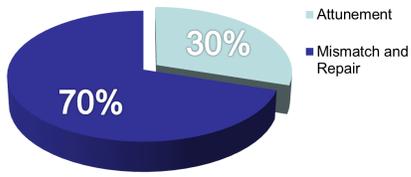
When we aren't attuned

What percentage of time do you think that the most "in-sync" parent/infant relationship is in perfect attunement?

<http://researcher.wisc.edu/2013/02/percentage-of-time-in-sync/>

Erikson Institute

Percentage of Perfect Attunement



Source: Tronick, E. Z., & Gianino, A. (1986). Interactive mismatch and repair: Challenges to the coping infant. *Zero to Three*, 6(3), 1-6.

When Misattunement Happens, Repair is Possible



“When you do something that doesn’t work, you have an opportunity to learn something and grow closer.”

T. Berry Brazelton, M.D.
April, 2014

Match or Mismatch?



- The trainers will first act out a home visiting situation.
- We will discuss if you saw a match or a mismatch, and most importantly, how did you know?
- Training participants will have a chance to act out some scripted scenarios as well! Are they matches or mismatches?
- It’s okay to disagree! We will discuss what you’re observing.

The full FAN training includes an in-depth exploration of two tools

High-Risk FAN: Facilitating Attuned Interactions

The FAN

The Arc

ARC OF ENGAGEMENT

In the beginning
What has it been like for you to take care of your child since ____?

Near the middle
I just want to check in with you. Are we getting to what is most on your mind today?

Before the contact
How am I?
What do I need to do to be fully present?

At the end
Three words
I'm wondering if there was something that you would like to remember from our time together today?

Erlson Institute

ARC OF ENGAGEMENT

In the beginning
What has it been like for you to take care of your child since ____?

Near the middle
I just want to check in with you. Are we getting to what is most on your mind today?

Before the contact
How am I?
What do I need to do to be fully present?

At the end
Three words
I'm wondering if there was something that you would like to remember from our time together today?

Erlson Institute

Purpose of the ARC

- **Security**
 - Provides consistent, predictable structure
- **Focus**
 - Helps you take the pulse and see where parent is
 - Allows you to shift focus to parenting early in the visit
- **Collaboration**
 - Provides concrete way to partner with parent through the visit
- **Closure**
 - Gives closure by a completing a communication circle
 - Provides a calm end for parent and visitor

Erlson Institute

ARC Adaptations

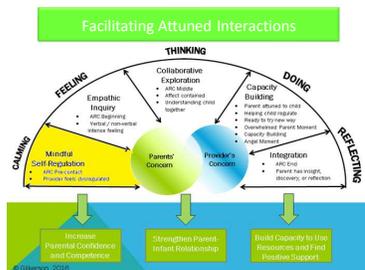
- Beginning:
 - How are things going for you as a mom/dad since we last talked?
 - How have you been feeling as a parent since we last met?
- Middle:
 - Is there something else you want to focus on today?
 - Are we getting to what was most on your mind?
- End:
 - What stood out most from our visit today?

Check-in

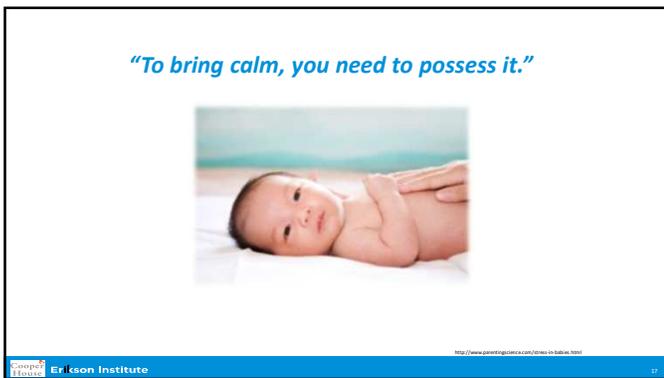
- What questions are arising?



Core Process: Mindful Self-Regulation









Moving from Reaction to Regulated Response

Mindful Self-Regulation

Copyright © 2019 Erlson Institute

Four Common MSR Strategies

- Breathing
- Grounding
- Self-Talk
- Imagery

Copyright © 2019 Erlson Institute

Core Process: Empathic Inquiry

Facilitating Attuned Interactions

CHALLENGING
 Minimal Self-Regulation
 • ABC: No contact
 • Provider feels overwhelmed

FEELING
 Empathic Inquiry
 • ABC: Curious
 • Parents not certain
 • Parents nervous

THINKING
 Collaborative Exploration
 • ABC: Involves
 • Understanding each other

DOING
 Capacity Building
 • Parents allowed to control
 • Helping child regulate
 • Ready for the next step
 • Overwhelmed Parent Moment
 • Capacity Building
 • Angel Moments

REFLECTING
 Integration
 • ABC: Done
 • Parent has insight, direction, or reflection

Parents' Concerns **Provider's Concerns**

Increase Parental Confidence and Competence Strengthen Parent-Infant Relationship Build Capacity to Use Resources and Find Positive Support

© WASHINGTON, 2019

Copyright © 2019 Erlson Institute



Feelings

- CUE:
 - Parent shows feelings
 - Parents mood seems different than usual
 - Parent shows absence of feelings
 - Parent speaks using feeling words
- USE:
 - Listening with empathy



www.istock.com



Empathic Inquiry Strategies

1. Holding Feelings
2. Validating Feelings
3. Exploring Feelings
4. Containing Feelings (Bridging)



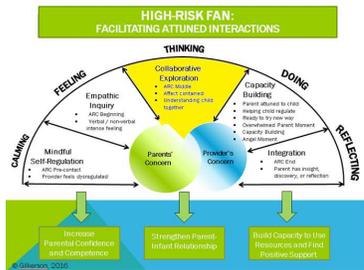
Bridging: Put One Foot in Feeling and One Foot in Thinking



FEELING
I hear how hard this has been and how much you want this to change.

INVITATION TO THINK
I'm wondering if we're to the place where we might be able to think together about what would help.

Core Process: Collaborative Exploration



Collaborative Exploration
Thinking with, not thinking for

- Belief in parent
- Pause before doing
- Thinking together without the pressure to change
- Your curiosity is a gift.
- Ask, don't tell.
- Ask, don't assume.
- "Giving up control is a relief"
- "Instead of trying to fix it, I now know that I need to stay with them."



Thinking

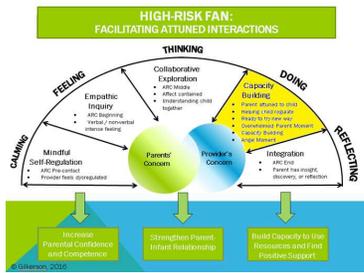
- CUE:
 - Parent is calm, engaged with you, may make eye contact
 - Parent can focus
 - The home visitor wants to understand the baby that the parent sees
- USE:
 - “Let’s think about this together.”



http://www.fairfax.org/index.php?view=topic&id=454

Erison Institute

Core Process: Capacity Building



Erison Institute

Capacity Building “Support During Action”

- Highlighting
- Offer and Explore
- Practicing
- Capacity Building Moment
- Overwhelmed Parent Moment
- Angel Moment

Erison Institute

Doing

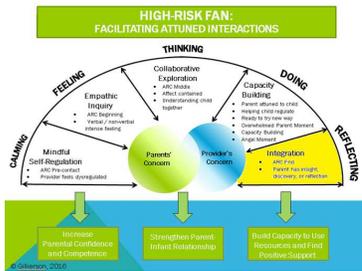
- CUE:
 - Parent is open to information
 - Parent is ready to act
 - Parent is ready to try something new.
 - Parent is open to doing activity
 - Child needs parent to act
 - Parent is so overwhelmed, that s/he is not able to respond to child's needs



<http://my.eric.ed.gov/fulltext/ED548822.pdf>



Core Process: Integration



Reflecting

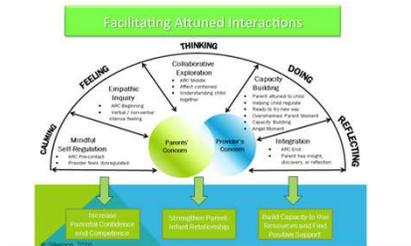
- CUE:
 - Visit is ending
 - Parent realizes something important to them or their baby
 - Parent has "Ah Ha Moment"
- USE:
 - Validate parent's insight

Integration



- Holding onto insights in the moment
- Building reflective capacity
- Understanding the meaning behind behavior

FAN Review



ARC OF ENGAGEMENT

In the beginning
What has it been like for you to take care of your child since ___?

Near the middle
I just want to check in with you. Are we getting to what is most on your mind today?

Before the contact
How am I?
What do I need to do to be fully present?

At the end
Three words
I'm wondering if there was something that you would like to remember from our time together today?

Erlson Institute



Reflections

What is one takeaway from today?

Mario Prieto / Photoshelter

Erlson Institute

Thank You!



If interested in a FAN training, see me and I can connect you with our Program Manager and Coordinator.

Photo by [garrett.parker](#) on [Unsplash](#)

Erlson Institute
