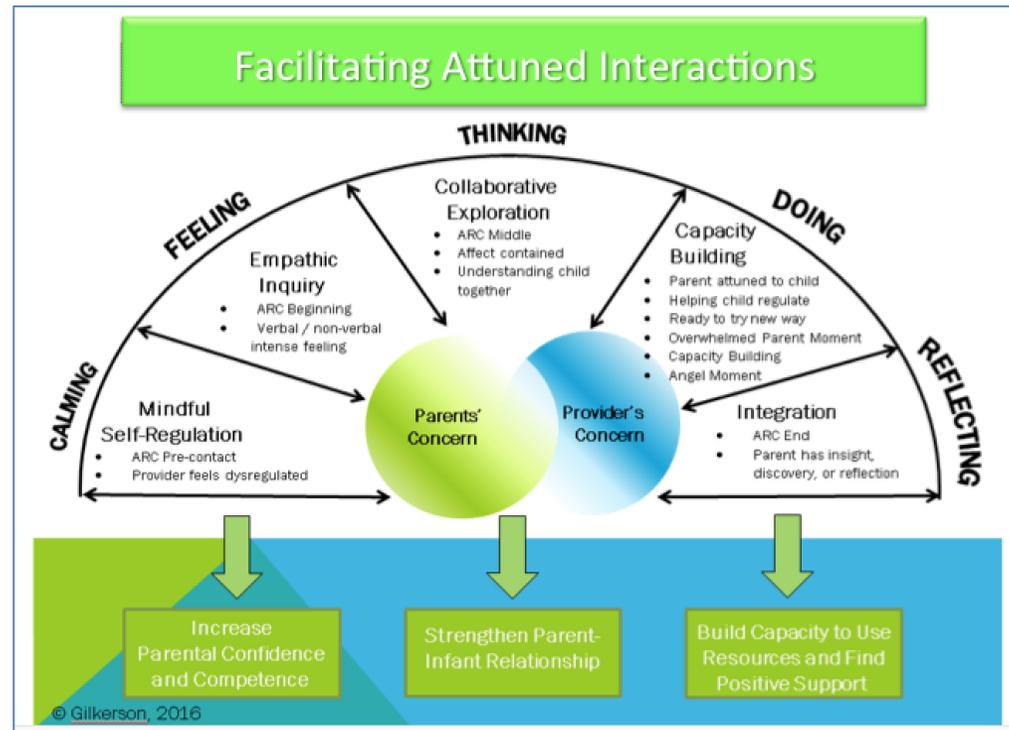


Facilitating Attuned Interactions (FAN) “A Taste of the FAN”

Your Trainer: Sylvia Kurin, MSW LICSW



Mindfulness Moment

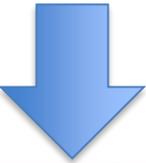


Our Time Together

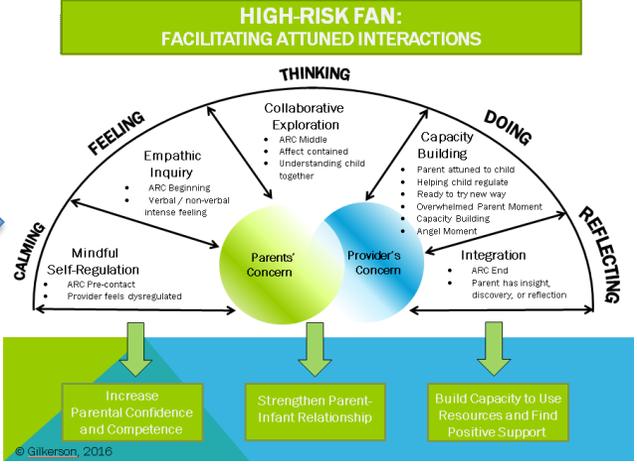


- Overview of Erikson Institute, Fussy Baby Network, and Cooper House
- The FAN as a Tool for Attunement
- ARC of the Engagement
- Core Processes of the FAN
 - Mindful Self-Regulation
 - Empathic Inquiry
 - Collaborative Exploration
 - Capacity Building
 - Integration
- Reflection

Erikson Institute



Fussy Baby Network



The FAN



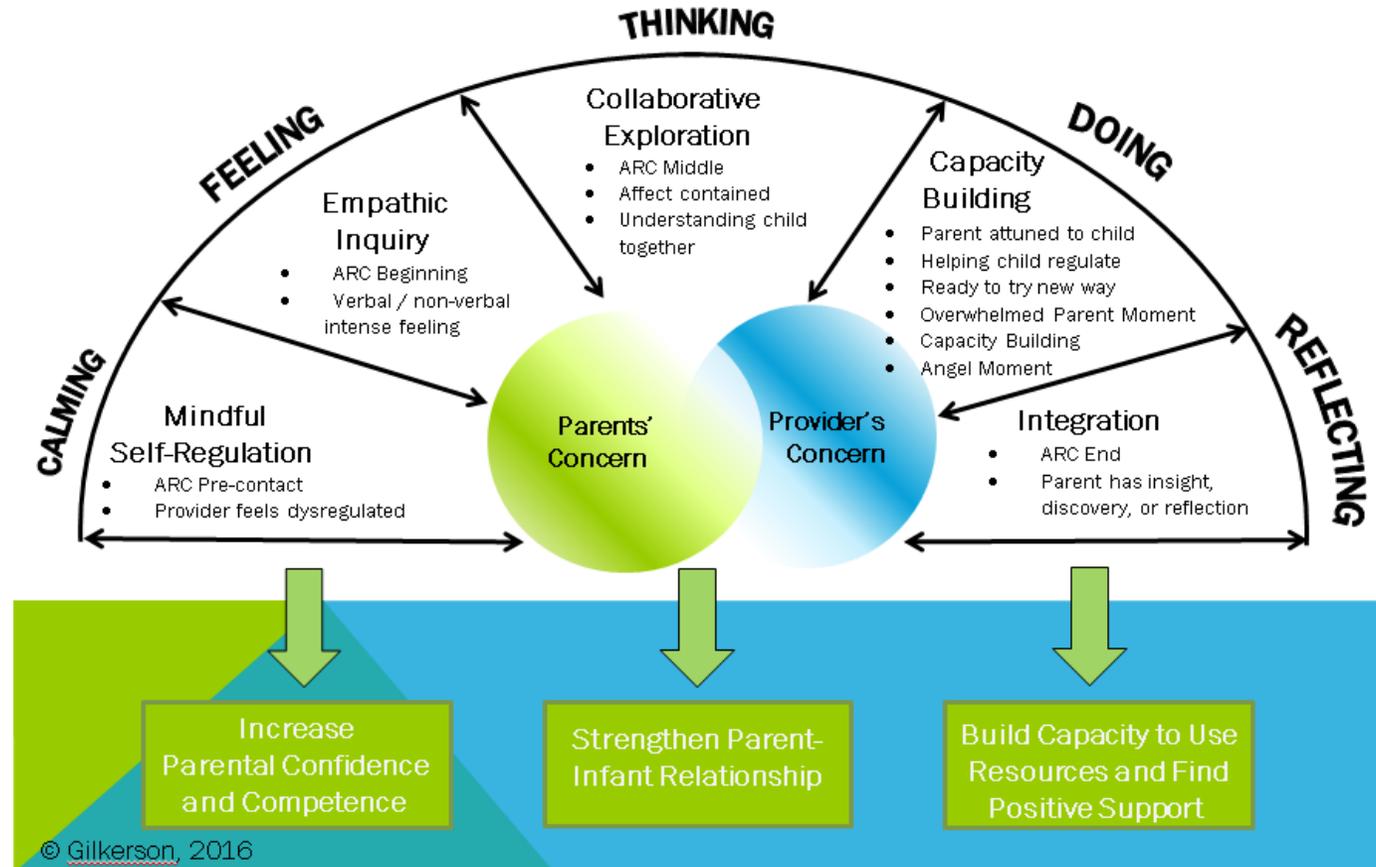
FAN Trainers



FAN Trainers in OR, WA, AK, ID

FAN Supports You In Your Role: “How You Do the Work”

Facilitating Attuned Interactions



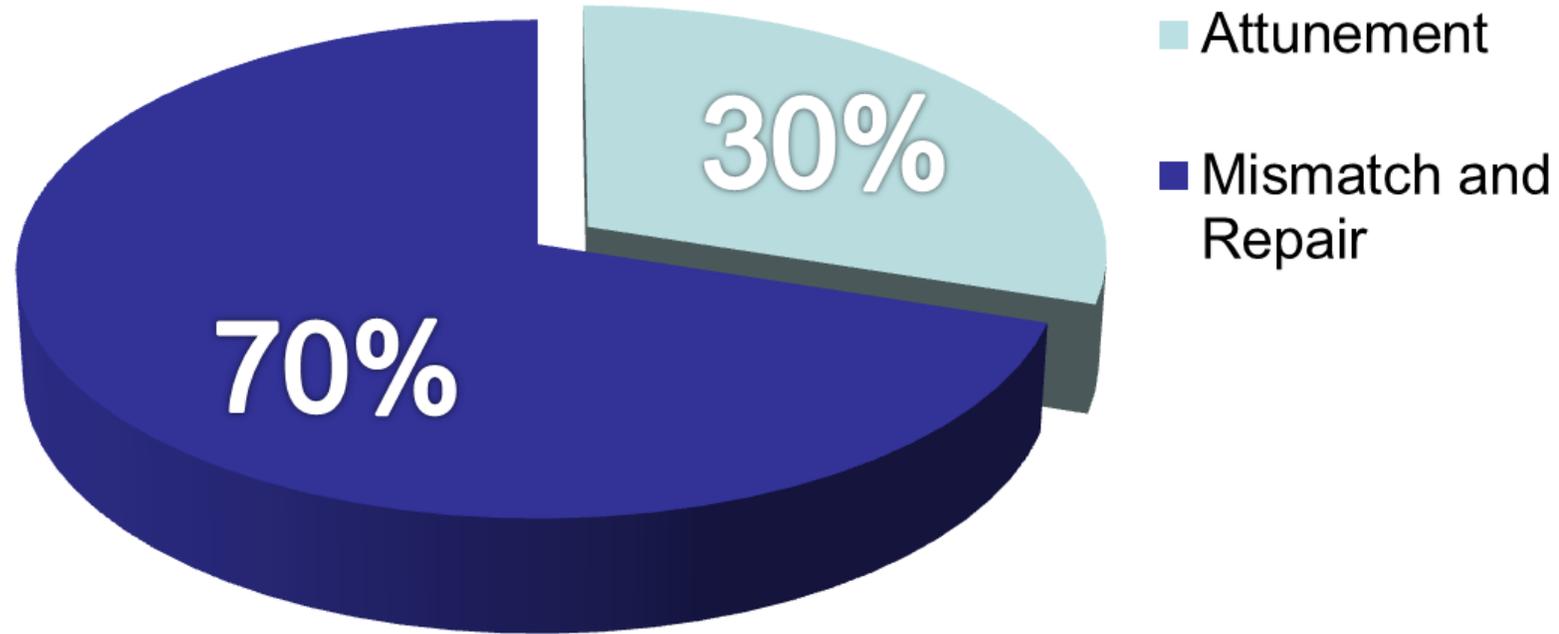
When we aren't attuned

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



<http://mochadad.com/2013/02/five-stages-of-new-fatherhood/>

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.

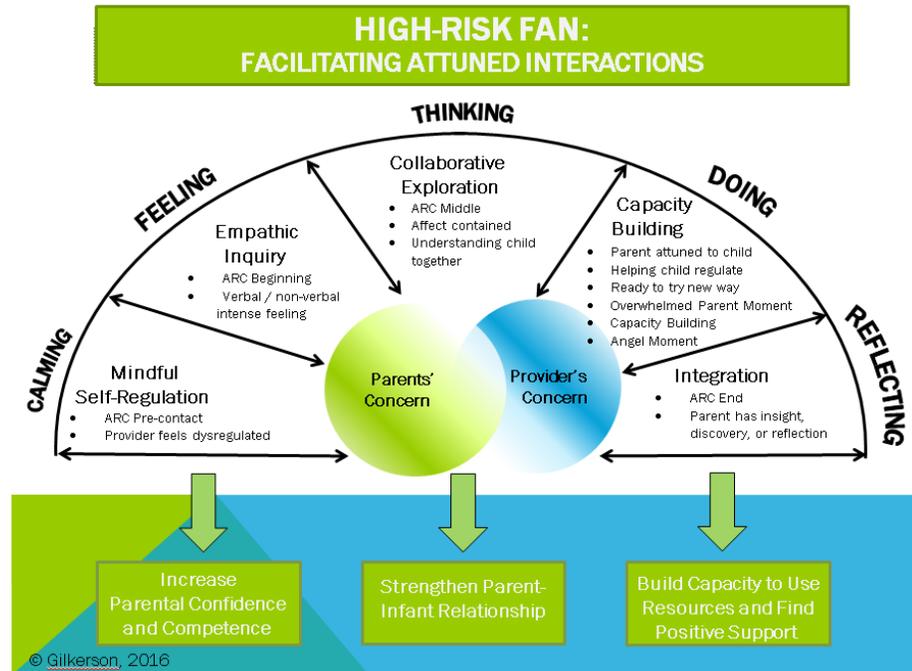
April, 2014

Match or Mismatch?

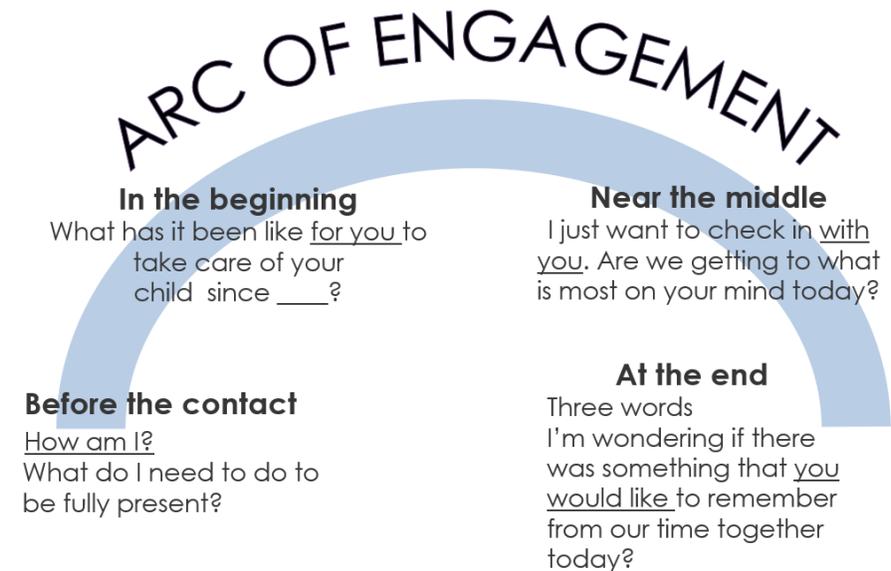


- The trainers will first act out a home visiting situation.
- We will discuss if you saw a match or a mismatch, and most importantly, how did you know?
- Training participants will have a chance to act out some scripted scenarios as well! Are they matches or mismatches?
- It's okay to disagree! We will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

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



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?

Purpose of the ARC

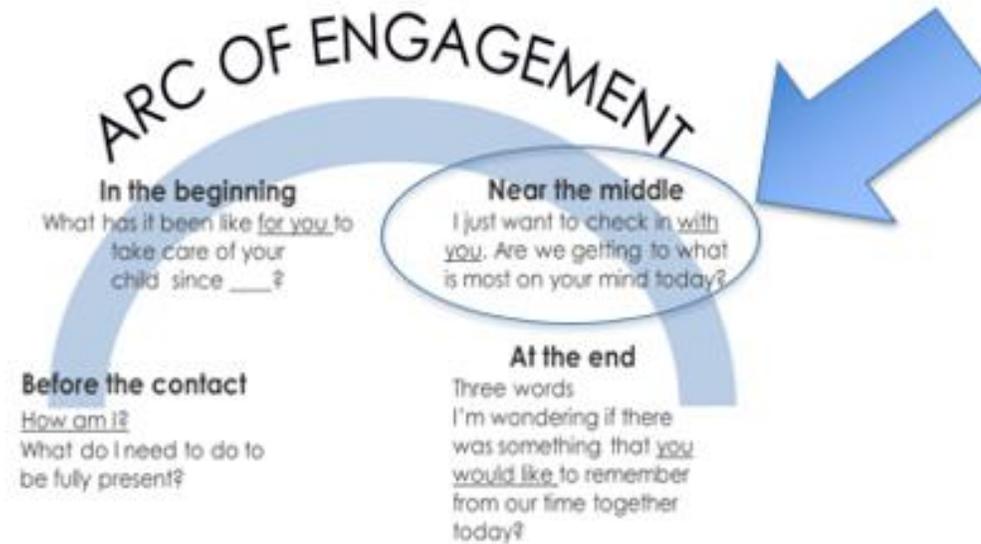
- **Security**
 - Provides consistent, predictable structure
- **Focus**
 - Helps you take the pulse and see where parent is
 - Allows you to shift focus to parenting early in the visit
- **Collaboration**
 - Provides concrete way to partner with parent through the visit
- **Closure**
 - Gives closure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

ARC Adaptations

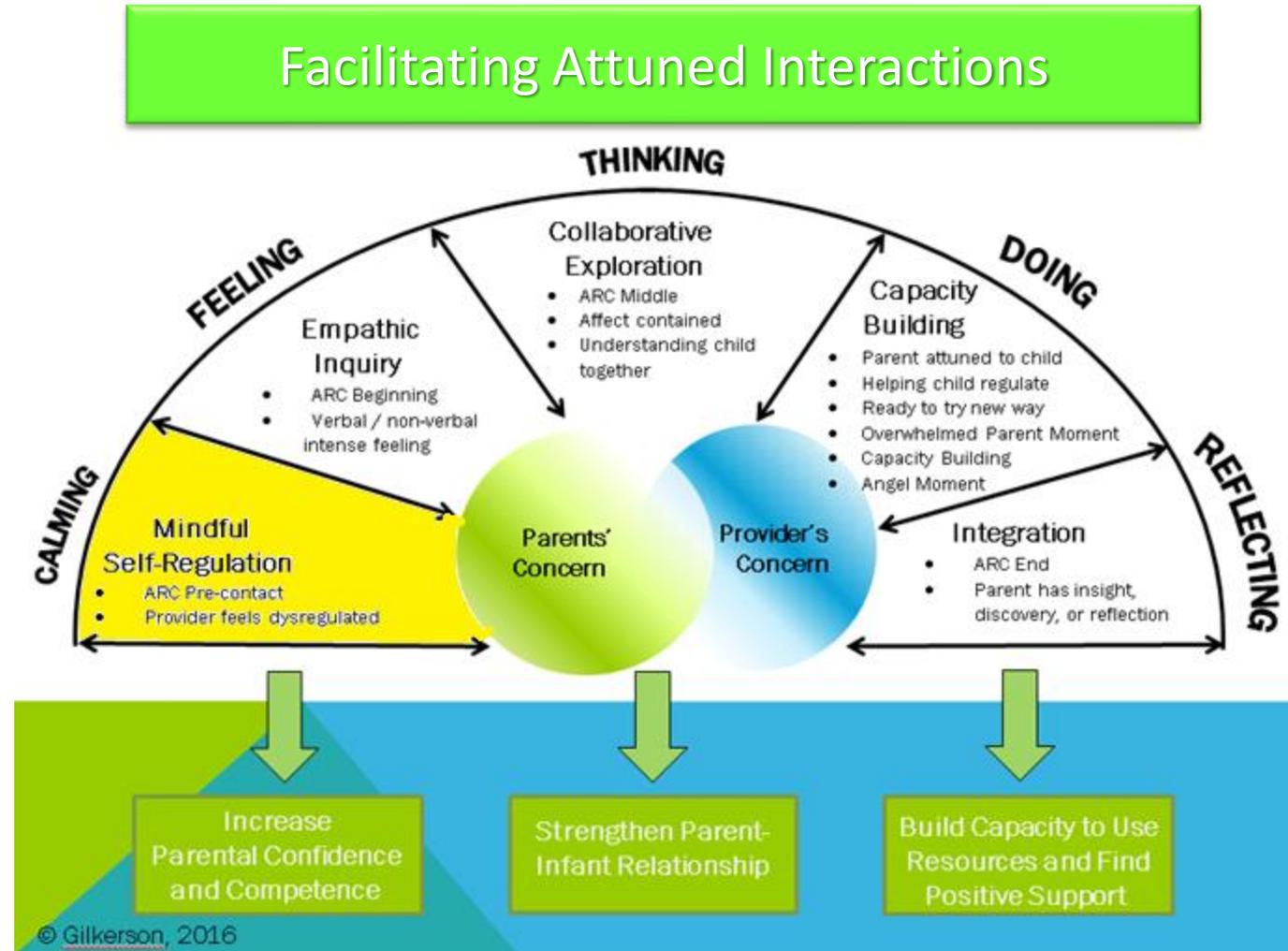
- Beginning:
 - How are things going for you as a mom/dad since we last talked?
 - How have you been feeling as a parent since we last met?
- Middle:
 - Is there something else you want to focus on today?
 - Are we getting to what was most on your mind?
- End:
 - What stood out most from our visit today?

Check-in

- What questions are arising?



Core Process: Mindful Self-Regulation



A photograph of a Zen garden sand pattern. The left side features a series of parallel horizontal lines. The right side features a series of concentric circles, with a smooth, dark grey stone placed in the center of the innermost circle. The sand is a light tan color.

Mindful Self-Regulation

“To bring calm, you need to possess it.”



<http://www.parentingscience.com/stress-in-babies.html>



"..it is not possible to work on behalf of human beings to try to help them without having powerful feelings aroused in yourself."

Jeree Pawl

<http://chd.org/counseling/>

Moving from Reaction to Regulated Response



Four Common MSR Strategies

Breathing



Grounding



Self-Talk

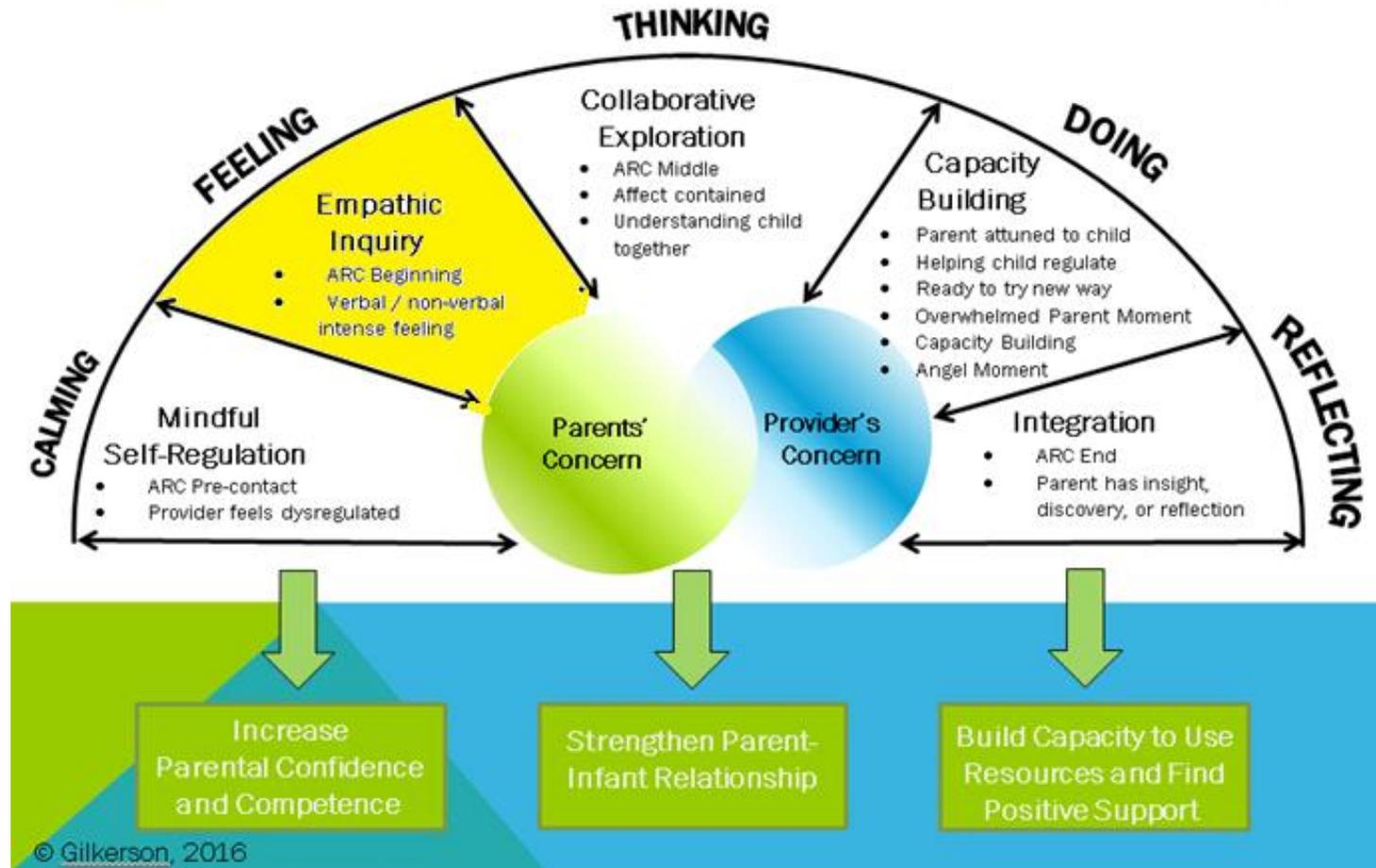


Imagery



Core Process: Empathic Inquiry

Facilitating Attuned Interactions





Feelings

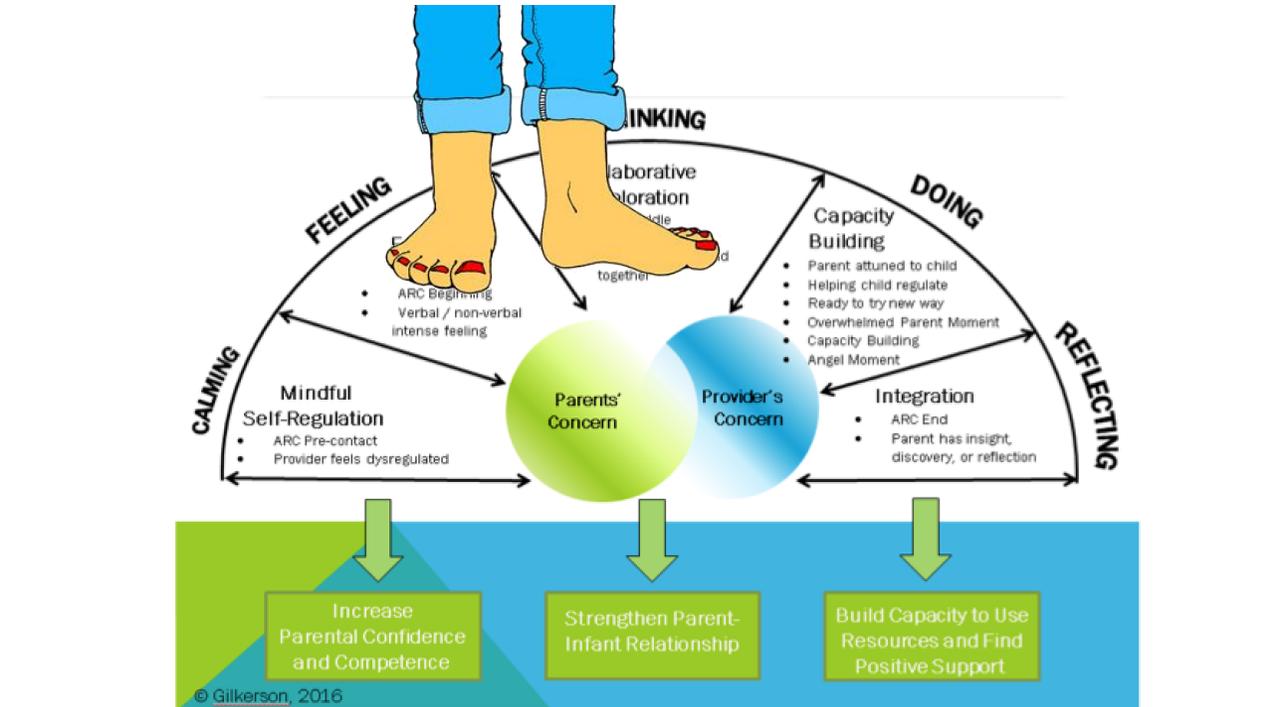
- CUE:
 - Parent shows feelings
 - Parents mood seems different than usual
 - Parent shows absence of feelings
 - Parent speaks using feeling words
- USE:
 - Listening with empathy



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



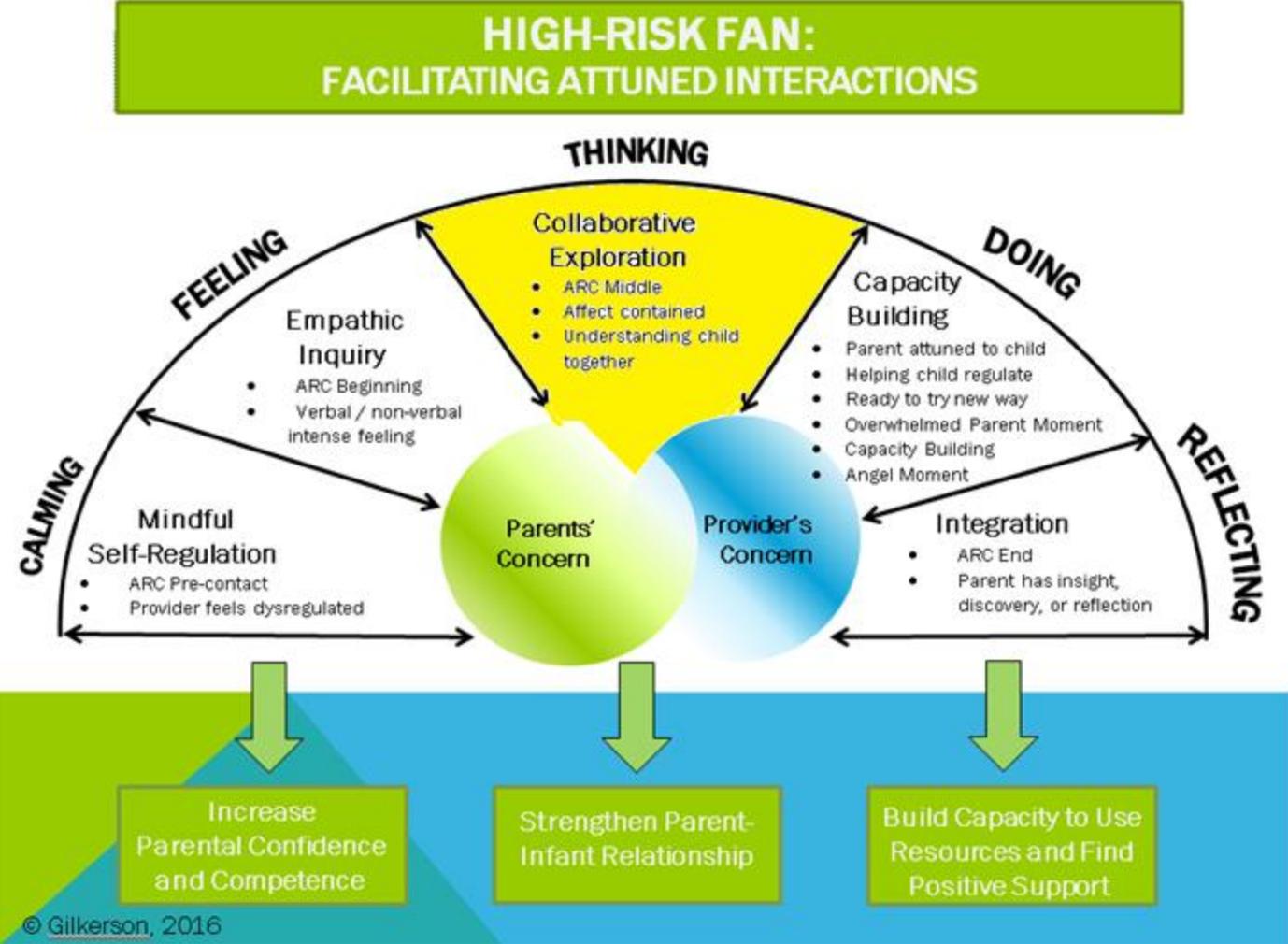
FEELING

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."*



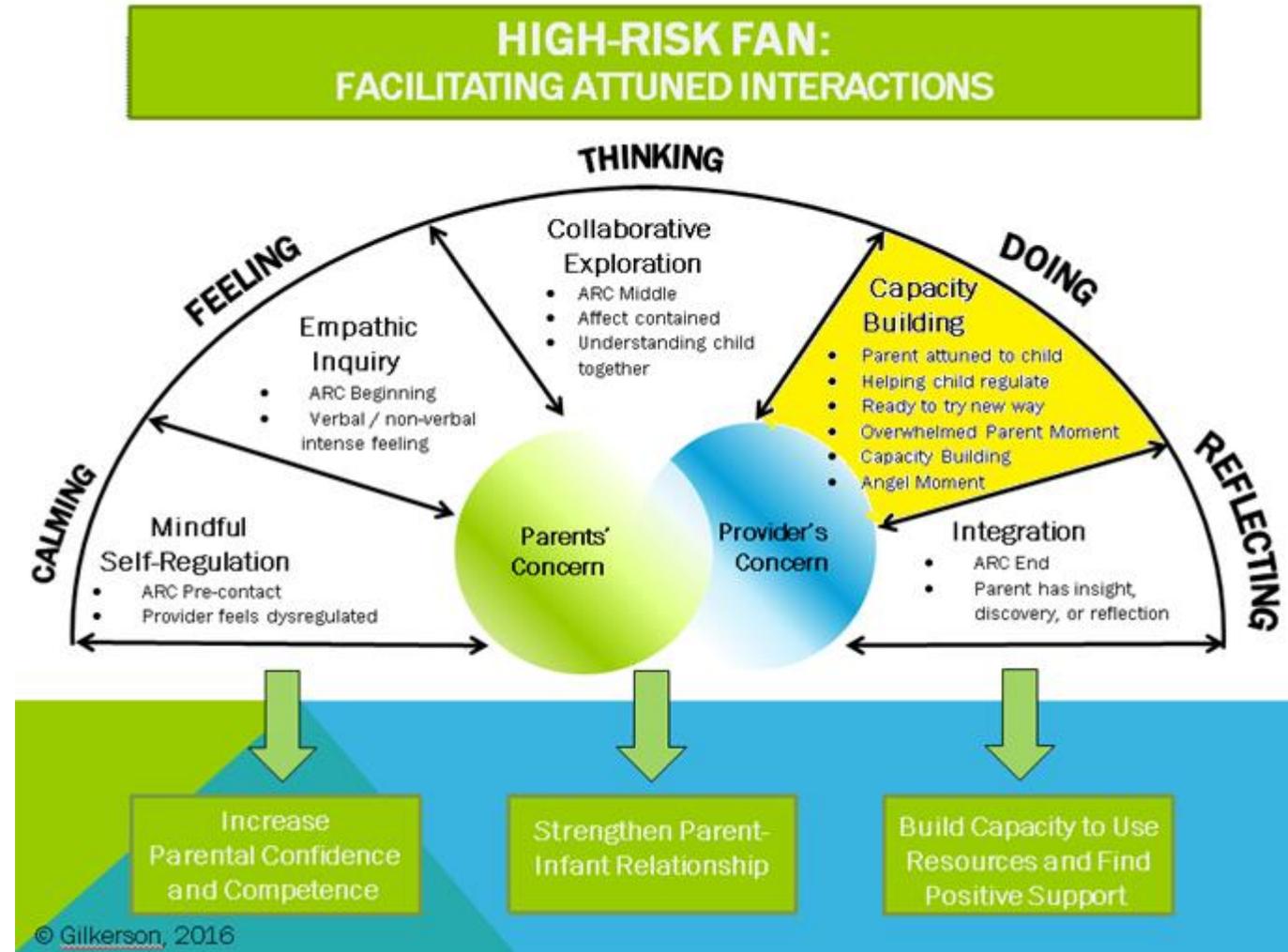
<http://nreionline.com/research-amp-data/investors-wary-power-centers-recommend-hold-all-retail-assets>

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.”



Core Process: Capacity Building



Capacity Building “Support During Action”

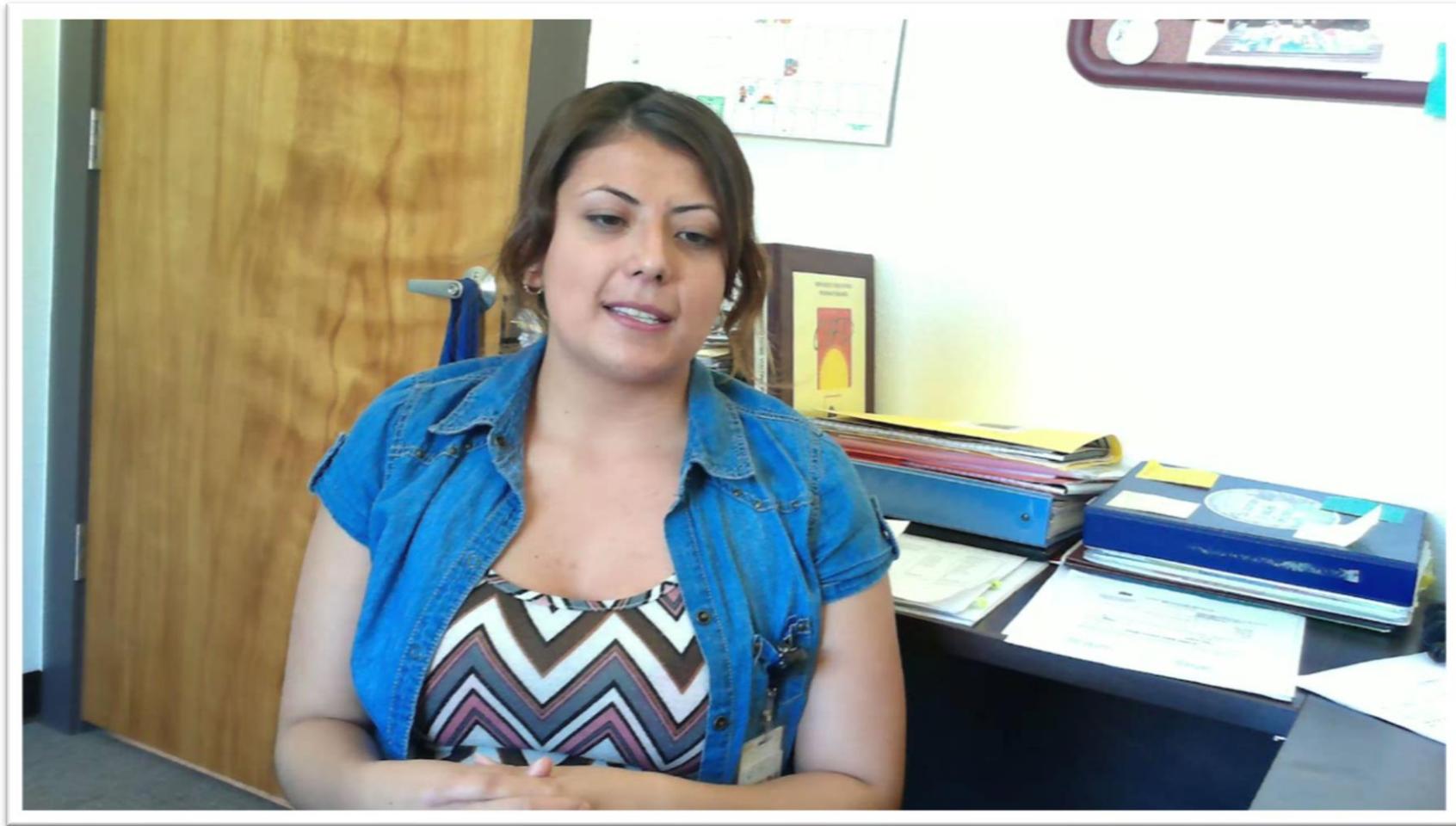
- Highlighting
- Offer and Explore
- Practicing
- Capacity Building Moment
- Overwhelmed Parent Moment
- Angel Moment

Doing

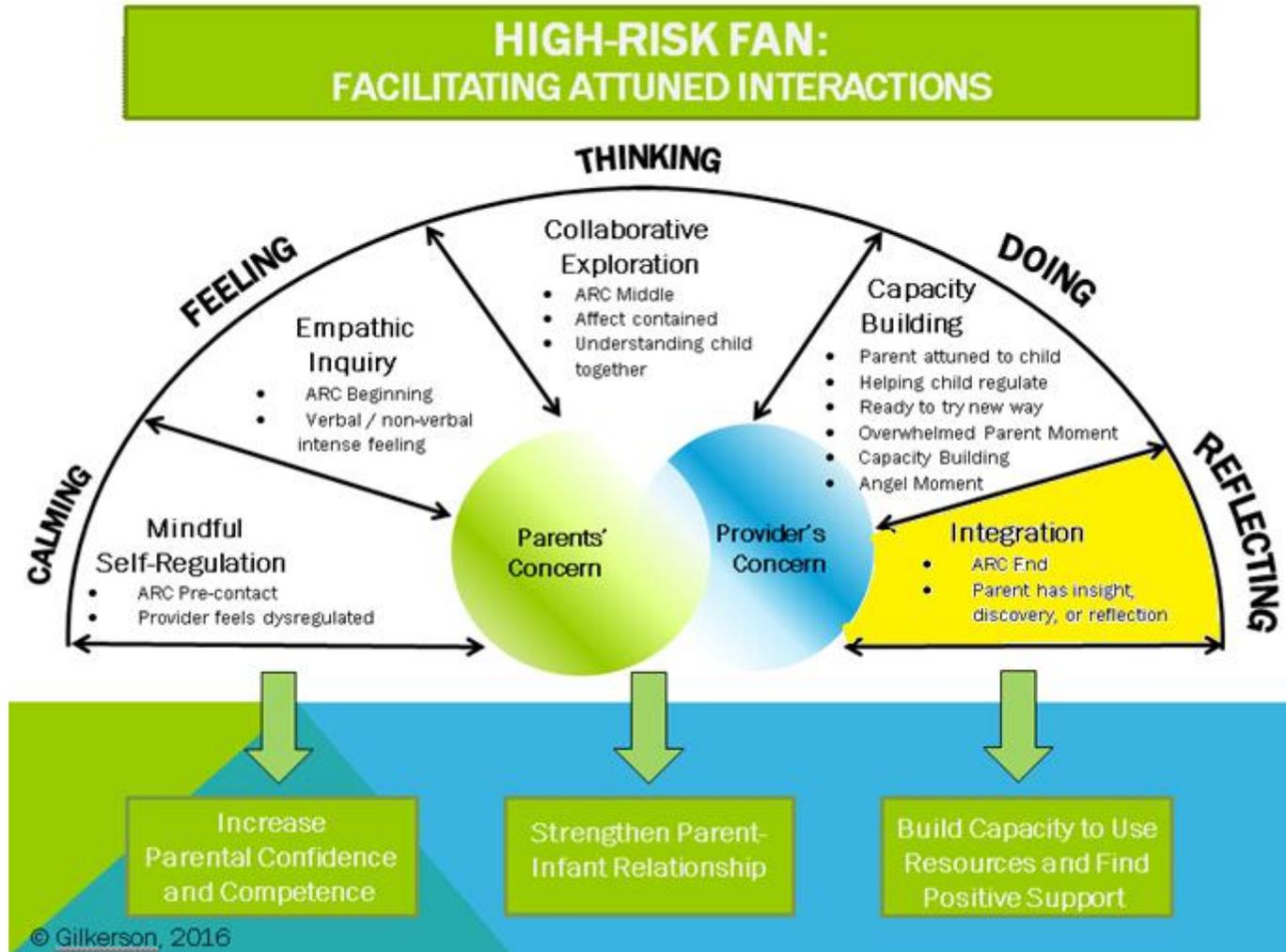
- **CUE:**
 - Parent is open to information
 - Parent is ready to act
 - Parent is ready to try something new.
 - Parent is open to doing activity
 - Child needs parent to act
 - Parent is so overwhelmed, that s/he is not able to respond to child's needs



<http://mytoddlerisreading.com/tag/read-to-your-baby>



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

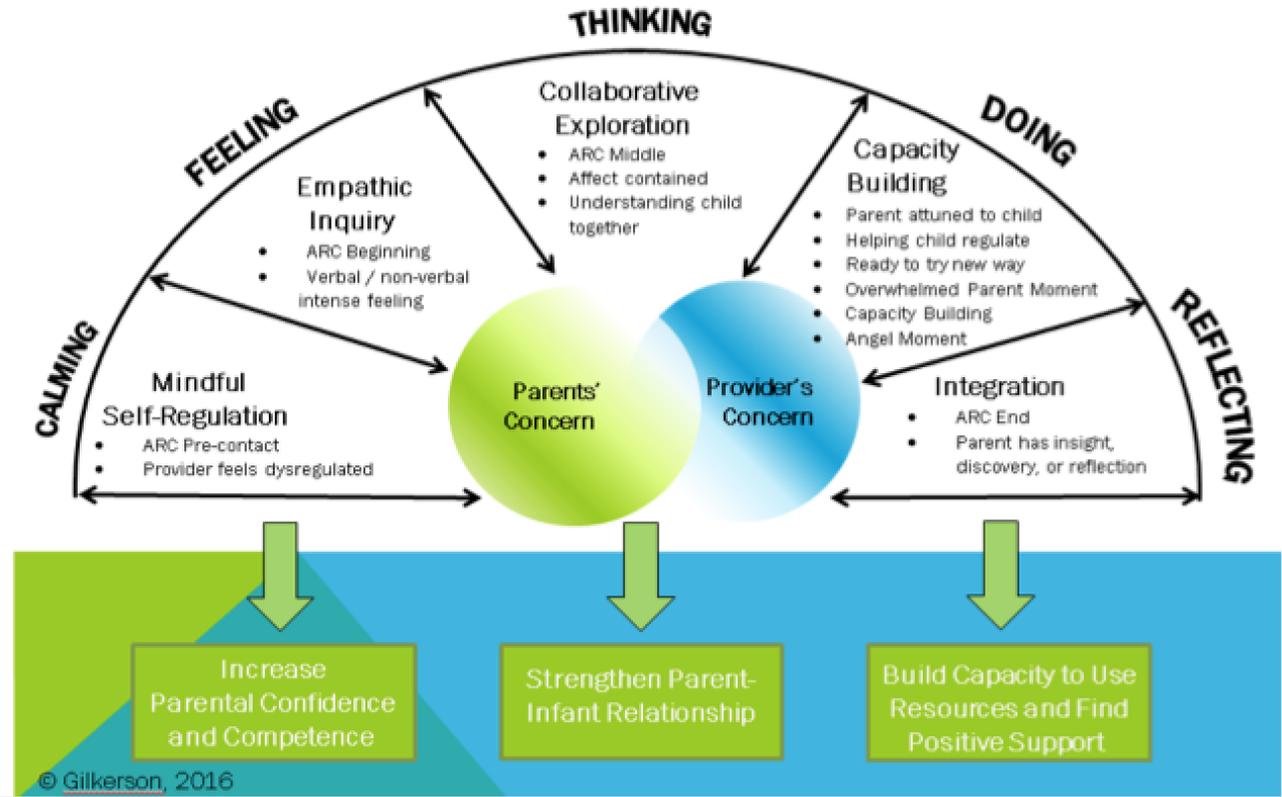


- Holding onto insights in the moment
- Building reflective capacity
- Understanding the meaning behind behavior

<http://lionheart.org/youth/>

FAN Review

Facilitating Attuned Interactions



ARC OF ENGAGEMENT

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At the end

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



Marino Prieto / Photoshelter

Reflections

What is one takeaway from today?

Thank You!



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