



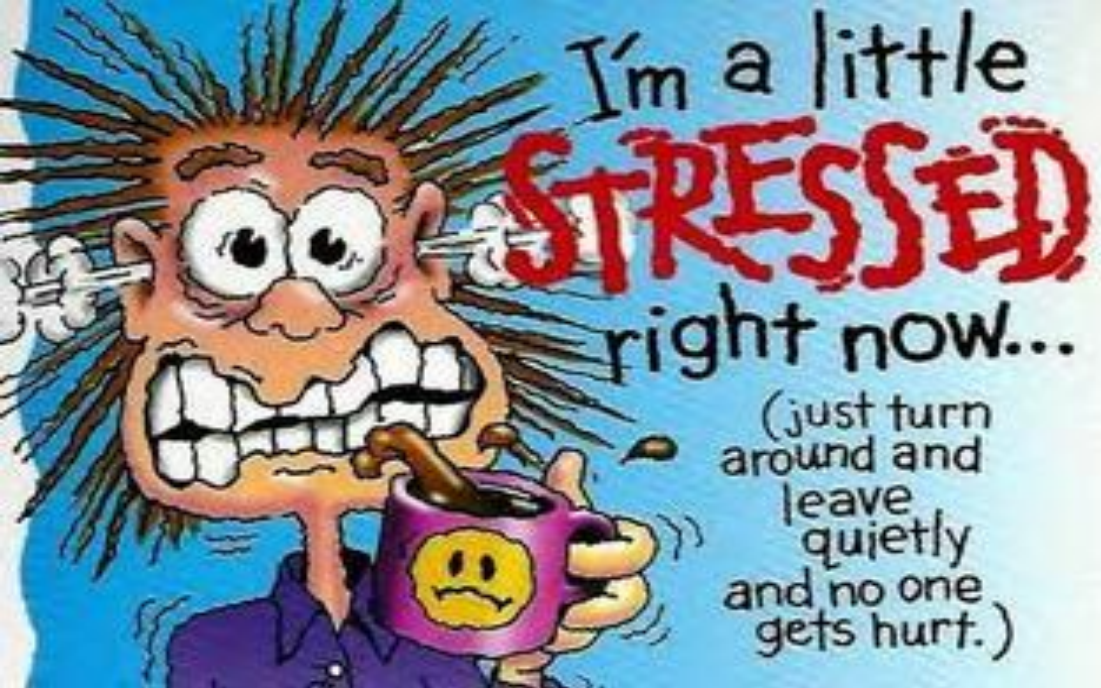
Building Resilience & Self-Esteem in Children and Adolescents

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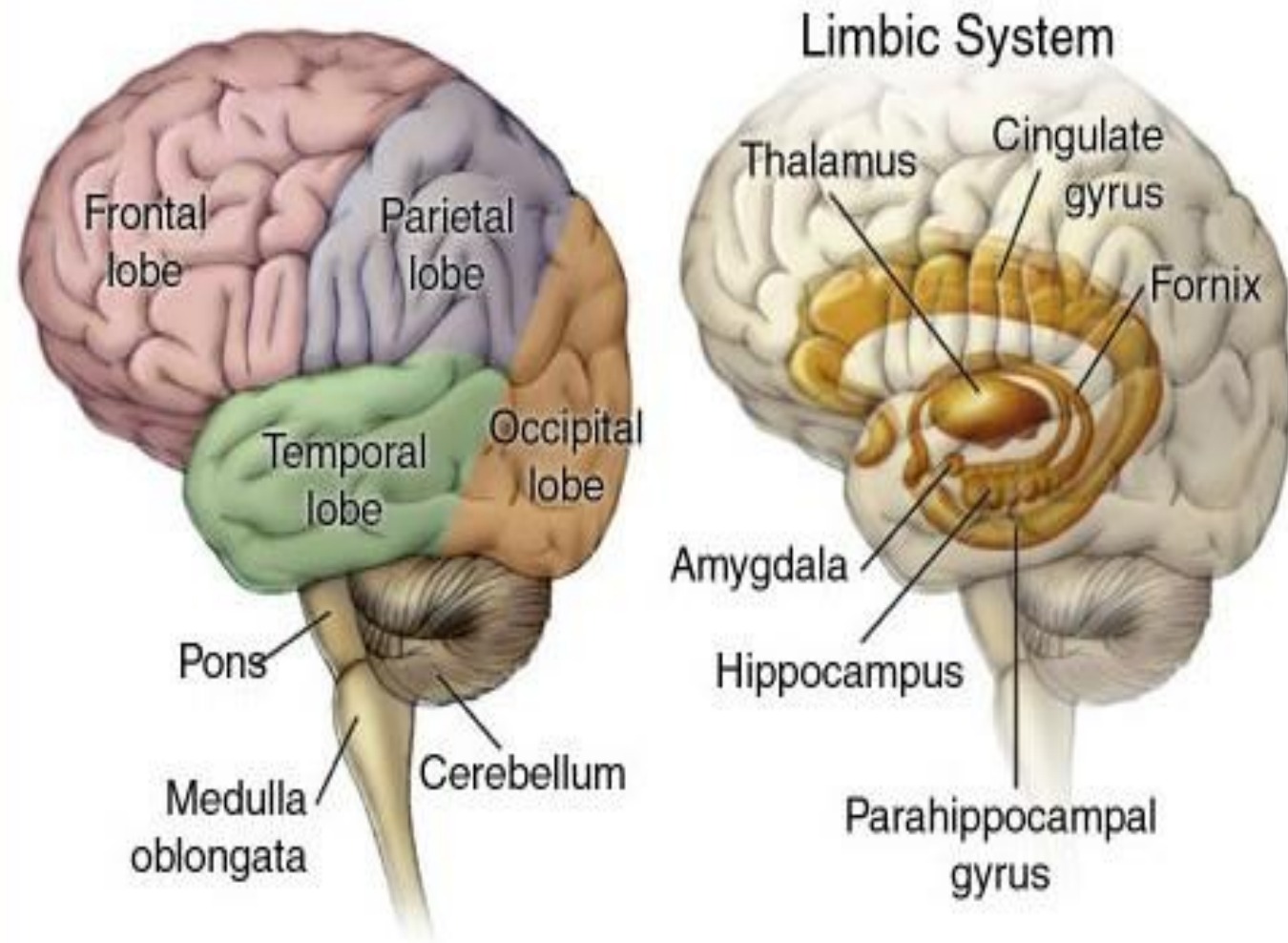


Good Levels Of Mental Health/Emotional Wellbeing Is Characterised By:

- Self-confidence, self-belief, self-efficacy
- An ability to learn new skills
- Good problem solving skills
- An ability to form and maintain good relationships with other people
- An awareness of and empathy for others
- An ability to feel, express and manage a range of positive and negative emotions (emotional self-regulation)
- An ability to regulate behaviour
- An ability to cope with and manage change and uncertainty.



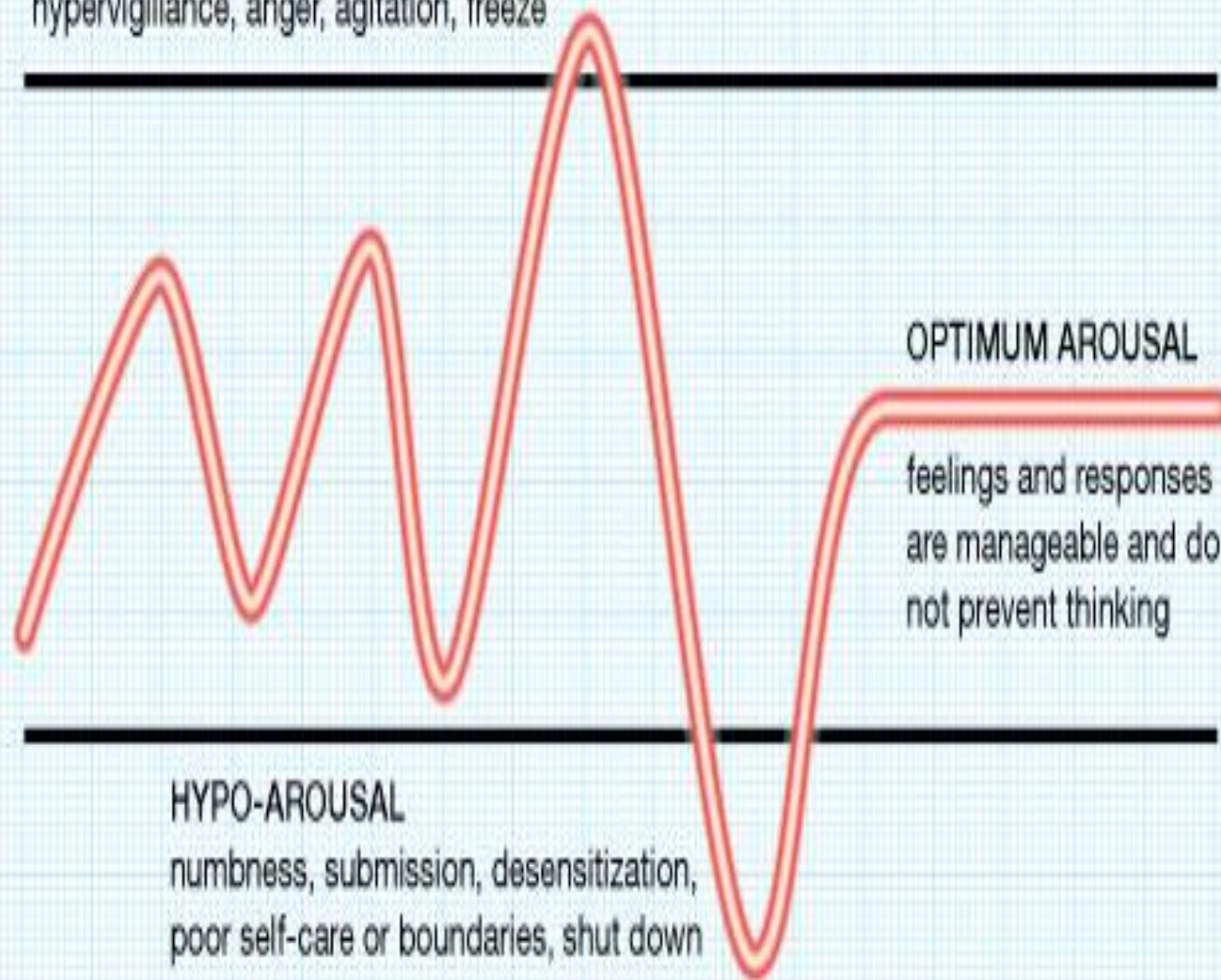
Anatomy of the Brain



Window of Affective Tolerance

HYPER-AROUSAL

panic, impulsivity, survival responses – fight, flight, hypervigilance, anger, agitation, freeze



HYPO-AROUSAL

numbness, submission, desensitization, poor self-care or boundaries, shut down

OPTIMUM AROUSAL

feelings and responses are manageable and do not prevent thinking

Noticing and
Responding-
Soothing and
Stimulating

Face to face
Mirroring
Reflecting emotions
Talking



Children Have their Own Feelings



Soothing
When
Distressed ~
Touch/
Closeness
Facial
Expressions
Voice



Co-regulation~ Establish Connection

How do you help a distressed child or young person to co-regulate?

Attuning to the child or teenager

The adult sets the emotional tone:
NOT the adult reflecting back the angry or distressed face of the child, but the child being able to reflect the calm and empathic face of the adult





Regulating Our Own Emotions

Emotion Coaching

- ❖ Style of Communication Helps the Child Do the Right thing Out of Choice Rather than Fear
- ❖ Helps the child learn to Regulate their own Feelings and Behaviours

WHAT MATTERS MOST
IS HOW YOU SEE YOURSELF.



Development of Sense of Self/Identity/ Self-esteem

Recognition of the Child's Abilities



**ACTIVE
VERBAL-
NOTICE
BODY
LANGUAGE/
FEELINGS**



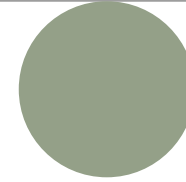
**I NOTICE
YOU ARE
WORKING
HARD ON
YOUR
PICTURE**



**I CAN TELL BY
YOUR VOICE/FACE
YOU ARE
ANNOYED/ANGRY
WITH ME, IT'S OK
TO BE ANGRY, I
WILL GIVE YOU
SOME SPACE OR
BUT ITS NOT OKAY
TO....**



**NOTICE
EFFORT**



**BILLY YOU
ARE WAITING
SO PATIENTLY
EVEN
THOUGH YOU
WANT TO GO
OUT NOW. I
REALLY
ADMIRE THE
LOVELY
MANNERS
YOU ARE
SHOWING**



**NOTICE AND
ACKNOWLED
GE WHEN THE
RULES ARE
FOLLOWED**



**TYLER, I
NOTICE THAT
YOU HAVE
NOT USED
FOUL
LANGUAGE
ALL
MORNING.
THANK YOU
FOR STICKING
TO THE
RULES'**