

VerdiRefleksjoner:

- 1) *Sørlandet sykehus har "Trygghet" som grunnleggende Verdi ("Trygghet når du trenger det mest"). Hvordan kan jeg bidra til at denne verdien virkeliggjøres ABUP?*

Bruk det vedlagte utdraget fra Howard Bath's artikkel "The three pillars and healing" (2015) som bakteppe i din refleksjon:

.....Multiple facets of safety

Given this pervasive sense of feeling unsafe, it stands to reason that the first focus of those providing care for children exposed to chronic stress and trauma, is to ensure that they *are* safe and *feel* safe. This necessarily involves physical safety, but also social safety in peer and adult relationships; emotional safety in terms of adult acceptance, empathy and compassion; and cultural safety in terms of recognition and respect for cultural priorities, needs, language and behaviours.

.....A safe environment is one in which the nature of the physical environment, the adult caregivers, the mix of clients, the intervention models, and the adult-child interactions, are all designed to minimise both the reality and the perception of threat to the child or young person. This does not mean that the child or young person will not feel unsafe from time to time, but that the program itself will seek to be a source of comfort and support, not a source of threat and that it will provide a calming context in which the child or young person can gradually move from a stance of reactive defensiveness to one of proactive engagement with adults.

The focus on safety will mean different things for different children and young people, and different developmental stages, settings, and care providers. However, the goal is always the same – that the child *is* safe and *feels* safe and is thus able undertake the journey to healing and growth. Steele and Malchiodi (2012) have observed that:

Safety is not about reason and logic but about how the child experiences us as helping professionals.... This includes the way we present ourselves to the child, our mannerisms, physical features, body language, and voice tones...either the child feels safe or he does not. The child ultimately determines who is a safe person (p. 91).

Safety is therefore closely related to the nature of interpersonal connections (the next pillar) because it is only by positively connecting with others that a child can begin to feel safe.

(Bath, 2015, side 3-4)

- 2) *Verdiforløser: Hva kan være Familieenhetens verdiforløser for verdien "Trygghet"?*

Bruk RVTS-sørs verdimelding som bakteppe. (du finner den under på FamilieBlikk nettsiden under samling 1, Ressurser)