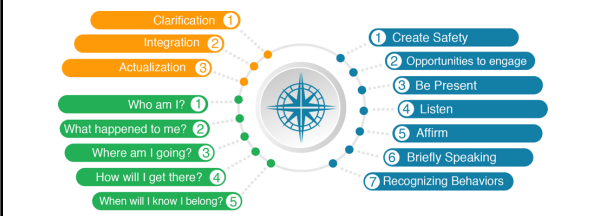
 357 Model®

Healing Losses through Strengthening Relationships

Part Five—Clarification: Seeking the Answer to Why



Core Components of the 3-5-7 Model®



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Section 1: Defining the Clarification Task

Conceptual Questions Related to Clarification

- Who Am I?
 - Identity
- What Happened to Me?
 - Loss



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What Clarification is Not

- Acceptance of someone else's interpretation of events.
- Assessing that individuals have not completed clarification because they do not tell their story as it is told by others.
- Revisiting life events that the young person is not interested in exploring.
- Deciding for the youth that they do not need the information that they are seeking.
- Convincing young people that the "system's" plan is the best plan.
- A task that is "once and done."

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Section 2: Behaviors of Grief and Trauma



“Crisis is what suppressed pain looks like;
it always comes to the surface.
It shakes you into reflection and healing.”

Bryant McGill

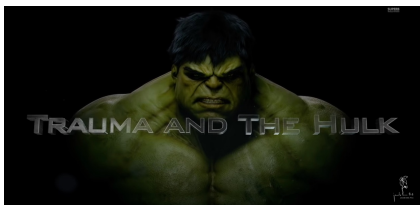
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What Grief Looks Like

- EMOTIONAL Fear, hurt, anger, rejection, abandonment
- BEHAVIORAL Denial, bargaining, depression, anger, resolution
- PHYSICAL Somatic symptoms, eating and sleep challenges
- COGNITIVE Low self-esteem, confusion, dissociation

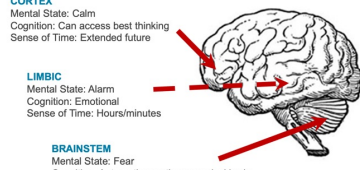
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Video: Trauma and the Incredible Hulk



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How Trauma Affects the Brain



CORTEX
Mental State: Calm
Cognition: Can access best thinking
Sense of Time: Extended future

LYMBIC
Mental State: Alarm
Cognition: Emotional
Sense of Time: Hours/minutes


BRAINSTEM
Mental State: Fear
Cognition: Automatic reactions; survival brain
Sense of Time: Loss of sense of time

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Section 3: Sharing Difficult and Sensitive Information

Talking about Sensitive Information



Group Discussion

- How do you want to hear sensitive information?
- From whom do you want to hear it?
- Where do you want to be when you hear it?

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What difficult and sensitive information do we have to talk about?

- You are being separated from your siblings.
- The Judge decided you won't be going home.
- Your mom is not coming to the visit today.
- You are being moved.
- A parent has died.
- Your parents' rights have been terminated.
- Family decided not to adopt.
- Parent is in jail.
- You have a new worker.
- Your family doesn't want to see you.

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Why is it difficult for us to talk about these things?

- We think we will make it worse
- We are afraid that we won't be able to manage their reactions
- We don't want to see them be hurt or hurting
- We don't have all the answers to the questions they may ask

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Talking about Sensitive Information



Break Out Groups

- Choose a topic
- Select a child/youth age
- Decide what you will say to share the information

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Using the 7 Skills When Having Sensitive Conversations

- Establishing the perception of **SAFETY**
- Providing **OPPORTUNITIES** to **EXPLORE** feelings and life events
- **BEING PRESENT** to the individual
- **LISTENING** to the stories
- **AFFIRMING** perceptions and feelings
- **BRIEFLY SPEAKING** in response to questions, comments, and reactions of individual
- **RECOGNIZING** and **ACCEPTING** that current **BEHAVIORS** reflect **GRIEF RESPONSES**

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Importance of Self-Awareness

- Keep the interaction focused on the youth and their needs
- Know your biases and cultural expectations around grief
- Be sensitive to youth responses that may be different from your own
- Have knowledge of developmental stages and how trauma impacts development

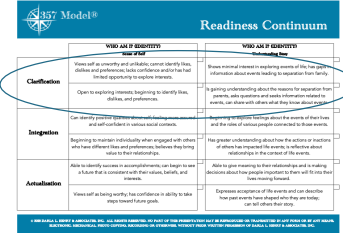


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Closing

Readiness Continuum



The table is titled '3-5-7 Model® Readiness Continuum' and is divided into two columns: '3-5-7 Model®' and '3-5-7 Model®'. It lists three levels of readiness: 'Clarification', 'Integration', and 'Actualization'. Each level has a description of the state and a list of characteristics. For example, 'Clarification' includes 'Values self as primarily an individual, cannot identify their abilities and preferences, lacks confidence and/or has not had their opportunity to explore interests.' and 'Integration' includes 'Can identify personal qualities, interests, feelings, and self-concept in various social contexts.'

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Coming Up Next


1. Overview of the 3-5-7 Model®
2. How Storytelling Encourages Healing
3. Using Activities to Engage Children and Youth
4. Using the Tools of the 3-5-7 Model®
5. Clarification: Seeking the Answer to Why
6. Integration: Creating Well-Being through Relationships
7. Actualization: Finding Safety in Relational Permanence
8. Supporting Youth-Driven Decision-Making

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The Academy for Child Welfare Practice

info@theacwp.org

www.357model.org



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