Building trusting relationships

FEANTSA
24 June 2020

Dr. Suzanne Zeedyk
Univ of Dundee

What have babies got to do with homelessness?

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Trust begins with connection

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24 June 2020

Dr. Suzanne Zeedyk
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My message

1. Babies arrive already connected.
2. Connection shapes brain development.
3. Society suffers when babies (and adults) don’t feel connected.

Today

1. The science of connection
2. Practical tips for creating connection

Babies arrive already connected

Biology
Childhood Trauma

What happens in childhood
Doesn't always stay in childhood

[https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/](https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/)

Childhood Toxic Stress

What happens in childhood
Doesn't always stay in childhood

[https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/](https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/)

Childhood FEAR

What happens in childhood
Doesn't always stay in childhood

[https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/](https://allisondavismaxon.com/the-lingering-effects-of-childhood-trauma/)

Adverse Childhood Experiences (ACEs)

Adverse Childhood Experiences have been linked to:

- Physical Abuse
- Emotional Abuse
- Physical Neglect
- Emotional Neglect
- Sexual Abuse
- Unemployment
- Tobacco
- Alcohol
- Drug Use
- Domestic Violence
- Parental Death
- Parental Divorce

Adverse Childhood Experiences Study 1998

Lead authors: Felitti & Anda

KPJR Films
Glasgow, Scotland
26 Sep 2018

Homelessness & ACEs

Relationship Between Adverse Childhood Experiences and Homelessness and the Impact of ACEs and 10 Disorder

2013

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3869113/

Homelessness & ACEs

FEANTSA Magazine 2019

Homelessness and Childhood Adversity
By Charlotte Bond and Louise Woodfine. Eddy Rush House


24 June 2020

https://www.theguardian.com/society/2020/jun/24/treasury-announces-85m-for-rough-sleeper-accommodation

Today
1. The science of connection
2. Five tips for creating connection

1. Smile
1. Smile

The perception of facial expressions in newborns

Less than 48 hours old!

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2836746/

2. Use a person’s name

This See-Through Mask Lets The Deaf Communicate While Staying Safe

https://www.forbes.com/sites/marleycoyne/2020/04/04/this-see-through-mask-lets-the-deaf-communicate-while-staying-safe/

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC1547399/?R5

2. Use a person’s name

Brain Activation When Hearing One’s Own and Others’ Names


April 2020

https://www.ncbi.nlm.nih.gov/pmc/articles/PMC2836746/
2. Use a person’s name

The Brain On Your Name: How Your Brain Responds to the Sound of Your Name

https://name-coach.com/blog/brain-name-brain-responds-sound-name/

2. Use a person’s name

The Impact

Our brains involuntarily respond to the sound of our own names, even in a state in which we are unable to respond to or act on anything else. What could be more powerful than that?!?

Imagine the missed opportunities that arise every time a student’s name isn’t spoken because a teacher is unsure how to pronounce it, or because it is mispronounced. If the sound of our own name is powerful enough to involuntarily activate our brains in a vegetative state, imagine what is possible when names are used to encourage, stimulate, or support a student’s development!

3. Be aware of stress levels

https://name-coach.com/blog/brain-name-brain-responds-sound-name/

4. Be patient & steady

ADVERSE CHILDHOOD EXPERIENCES INCLUDE:

- Physical Abuse
- Emotional Abuse
- Physical Neglect
- Emotional Neglect
- Sexual Abuse
- Drug Abuse
- Domestic Violence
- Abuse of Power, Authority, or Position
- Child Abuse
- Medical Neglect

ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:

- Low Resilience
- Low Self-Esteem
- Low Self-Confidence
- Low Self-Worth
- Low Self-Reliance
- Low Self-Reliability
- Low Self-Respect
- Low Self-Image
- Low Self-Reflection
- Low Self-Realization

SAFETY. SAFETY. SAFETY.
4. Be patient & steady

Fragile Trust

ADVERSE CHILDHOOD EXPERIENCES HAVE BEEN LINKED TO:
- Physical Abuse
- Emotional Neglect
- Sexual Abuse
- Emotional Abandonment
- Witnessing domestic violence against mother

4. Be patient & steady

PREMIUM

Up to 90% of these comments issued. Should be treated with return to the streets at a time when homelessness services, such as day centres & night shelters, remain closed?

Public authorities must take a firm/entire approach & send personnel

https://www.theguardian.com/society/2020/jun/24/treasury-announces-85m-for-rough-sleeper-accommodation

24 June 2020

5. Name emotions

Treasury announces £85m for rough sleeper accommodation

https://www.mindful.org/labels-help-tame-reactive-emotions-naming/

Sep 2019

5. Name emotions

Tame Reactive Emotions by Naming Them

The recommendation comes from a solid foundation. Research has shown that more verbal labeling of negative emotions can help people recover control. UCLA’s Matthew Lieberman refers to this as “affect labeling” and his fMRI brain scan research shows that this labeling of emotion appears to decrease activity in the brain’s emotional centers, including the amygdala. This dampening of the emotional brain allows the frontal lobe (reasoning and thinking center) to have greater sway over solving the problem du jour.

https://www.mindful.org/labels-help-tame-reactive-emotions-naming/

Sep 2019
5. Name emotions

Dr. Dan Siegel

https://www.youtube.com/watch?v=ZcDLzppD4Jc

In conclusion…

Build trusting moments

Thank you

***6. Strengthen your self-care***

In conclusion…