PIE4Shelters

Principles of PIE

DR PETER COCKERSELL
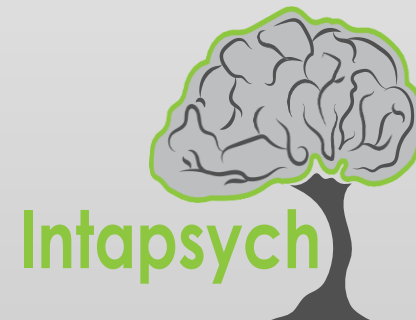
The individual in the social

"Although the risks and contradictions of life go on being as socially produced as ever,

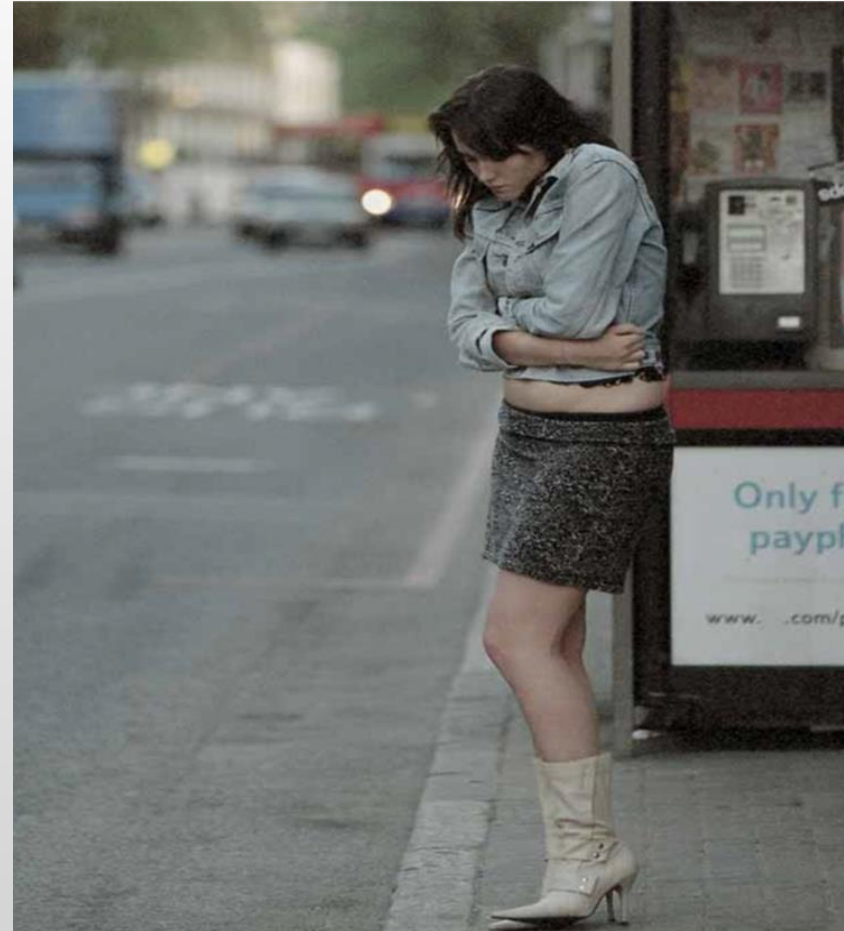*the duty and necessity of coping with them has been delegated to our individual selves."*

Zygmunt Bauman, Professor of Sociology,

Leeds University, 2007

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Psychologically Informed Environments

▶ Many people presenting to homelessness services came with long histories of trauma – particularly true of women

▶ Staff working in homelessness services were often left to work with them without much help from statutory services, especially mental health services

▶ Staff needed some training and support

▶ Guidance was published in 2012 – www.pielink.net

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Trauma

▶ Trauma impacts on many levels:

  ▶ The individual

  ▶ The physiological

  ▶ The emotional

  ▶ The psychological

  ▶ The relational

  ▶ The social

Compound Trauma

Loss of:

- Childhood

- Parent(s)/other significant people

- Opportunities

- Self-esteem, self confidence

- Health

- Dignity

- Home

- Children

HE DIDN'T HAVE TO HIT ME TO LEAVE A SCAR

ALISON M. ROCKWELL

HEALTHYPLACE.COM

Principles of working with Trauma

▶ If trauma is caused by bad/negative experiences and damaging relationships

▶ Then responses to trauma must contain good/positive experiences and healing relationships

▶ People need a place that provides physical and emotional safety in which healing relationships can flourish

PIE Principles

▶ Social Spaces

▶ Psychological Framework

▶ Managing Relationships

▶ Staff Support

▶ Evaluation

▶ Client Involvement/Participation

▶ Access to Psychotherapists/Psychotherapy

Social Spaces

Social Spaces

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Psychological framework

▶ A shared understanding of the origins of behaviour in personal experience, and of the processes of development and change

▶ A guiding framework to enable a consistent approach between members of a team

▶ A protection against vicarious trauma

Psychological framework

► Primary motivational systems
  ► Attachment – careseeking and caregiving
  ► Fear system
► Process of traumatisation, compound trauma
► Inner world, mentalisation
► Transference
► Emotion and emotion regulation
► Transactional analysis
► Process/cycle of change

Managing relationships

► Recovery comes from the individual, nurtured by good experiences and positive relationships – there is always somebody who made a difference

► Relationships are the biggest single tool we have to enable recovery

Staff support

▶ Training on working with people who have experienced trauma and compound trauma

▶ Facilitated regular reflective practice

▶ Supervision

▶ Time for relationships

▶ Management support and understanding

Evaluation

▶ If you don't measure what you're doing, how do you know if it's having a positive or negative effect?

▶ Essentially, you're measuring some sort of change in something

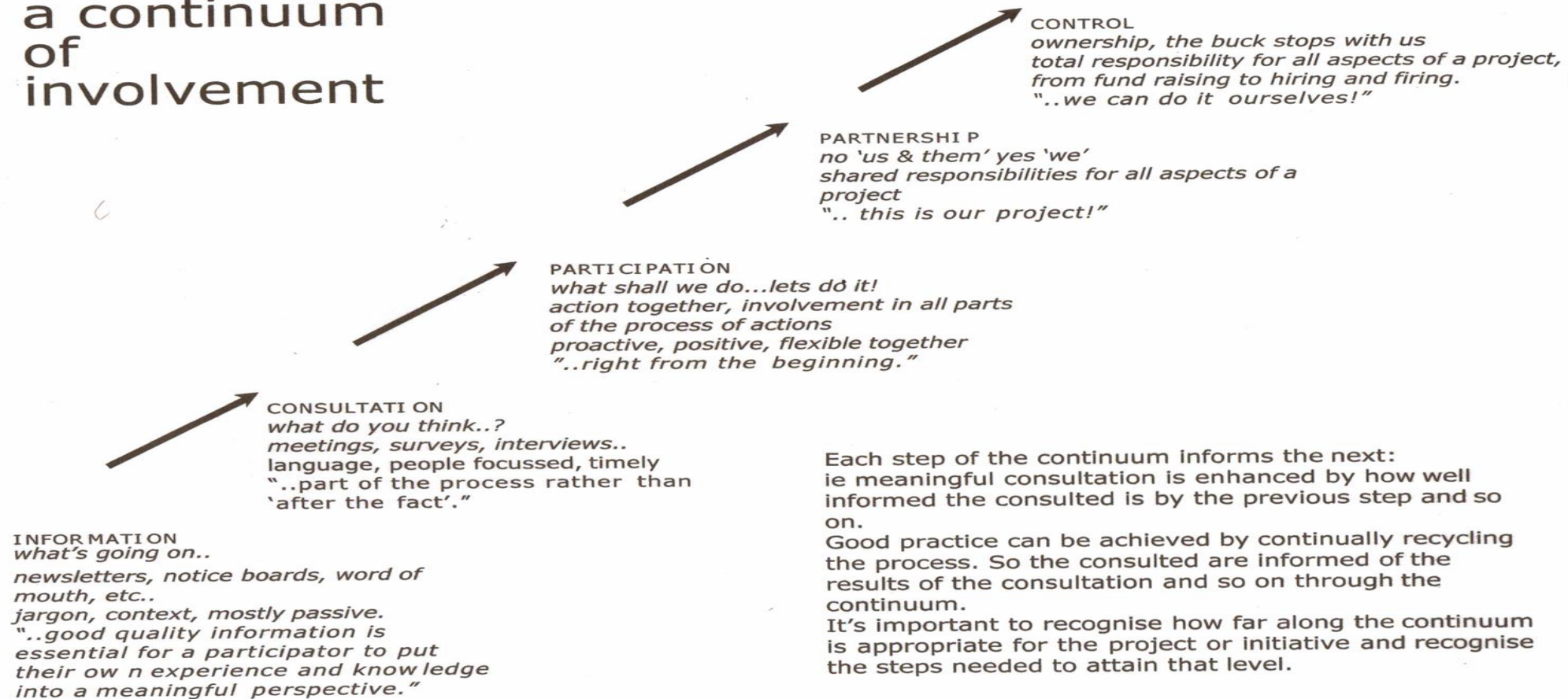Co-funded by the European Union's Rights, Equality and Citizenship programme

Evaluation

▶ Outcomes Star

▶ HONOS, Core 34 – NHS standard mental health scales

▶ Wellbeing Scales (e.g. Warwick-Edinburgh)

▶ The Italian 'Onda' system

Client Participation/Involvement

a continuum of involvement

CONTROL
ownership, the buck stops with us
total responsibility for all aspects of a project,
from fund raising to hiring and firing.
"..we can do it ourselves!"

PARTNERSHIP
no 'us & them' yes 'we'
shared responsibilities for all aspects of a
project
".. this is our project!"

PARTICIPATION
what shall we do...lets do it!
action together, involvement in all parts
of the process of actions
proactive, positive, flexible together
"..right from the beginning."

CONSULTATION
what do you think..?
meetings, surveys, interviews..
language, people focussed, timely
"..part of the process rather than
'after the fact'."

INFORMATION
what's going on..
newsletters, notice boards, word of
mouth, etc..
jargon, context, mostly passive.
"..good quality information is
essential for a participator to put
their own experience and knowledge
into a meaningful perspective."

Each step of the continuum informs the next:
ie meaningful consultation is enhanced by how well
informed the consulted is by the previous step and so
on.
Good practice can be achieved by continually recycling
the process. So the consulted are informed of the
results of the consultation and so on through the
continuum.
It's important to recognise how far along the continuum
is appropriate for the project or initiative and recognise
the steps needed to attain that level.
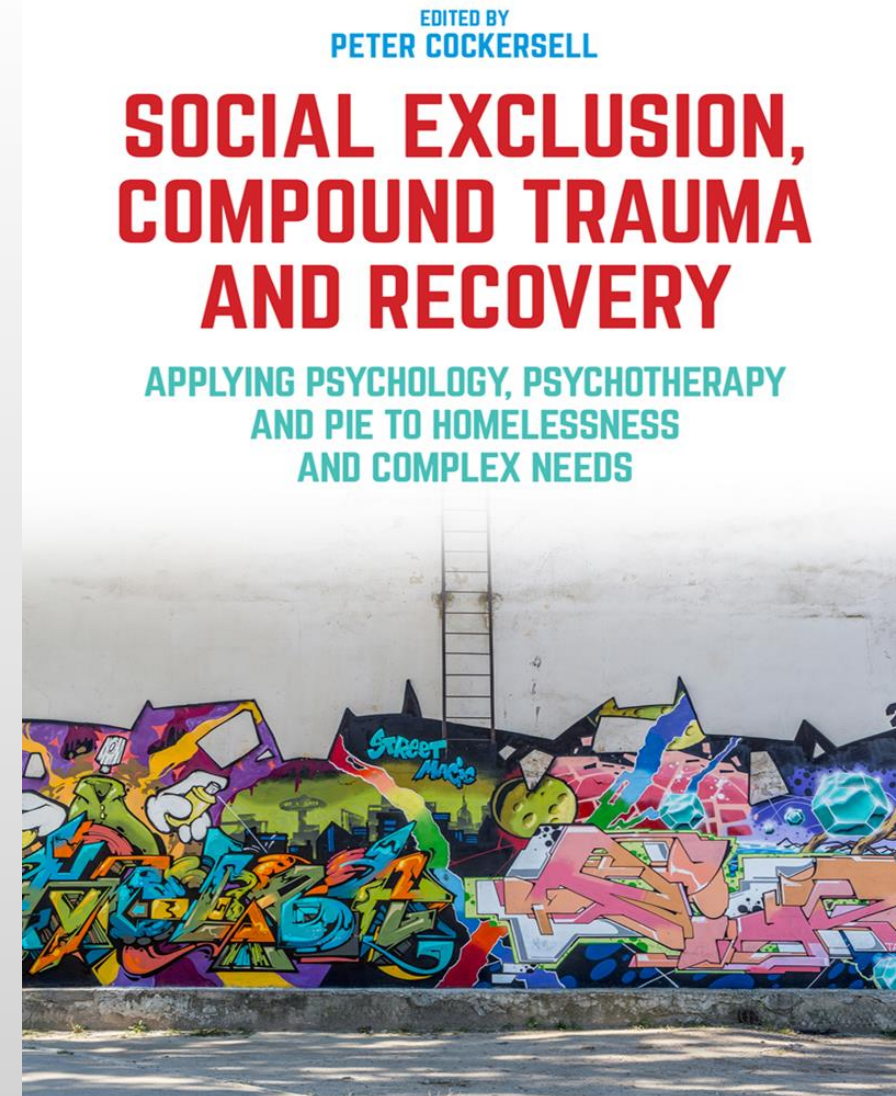
Access to Psychotherapists/Psychotherapy

▶ Psychotherapists/psychologists to facilitate your reflective practice groups; for clinical supervision; training masterclasses; support in formulation

▶ Psychotherapy for your clients – some of them will have psychological and emotional difficulties that are beyond the capacity of your staff to work with, and will benefit from working with acessible and appropriate professional psychological therapy services

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PIE Theory and Practice

► Available from Amazon or Jessica Kingsley Publishers, London

► Italian version is with the translators

EDITED BY
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SOCIAL EXCLUSION, COMPOUND TRAUMA AND RECOVERY

APPLYING PSYCHOLOGY, PSYCHOTHERAPY AND PIE TO HOMELESSNESS AND COMPLEX NEEDS

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