

Working with  
highly avoidant  
children

Joy Gamble

**DDP UK**  
**INTERNATIONAL**  
**RESIDENTIAL**  
**CONFERENCE**  
**BIRMINGHAM**



The initial few sessions ..... !%&\*!

Time for a rethink:

- Creating safety in structure
- Helping child to experience what therapy is about
- Importance of staying regulated when feeling out of control / de-skilled
- Finding the balance of follow lead follow

# DVD Clip

- The noisy washing machine

# DVD Clip one

- Follow - Lead - Follow
- The importance of videoing
- Active avoidance / cutting off vs keeping busy to manage
- Being careful with empathy

# DVD Clip

Playing with the sand 'Rat Poison'

## DVD Clip 2

- Ask a child at your peril !
- Avoid dead ends ..... get confident in U turns
- Be happy with bite sized chunks
- Embedded words
- Decide which themes to pick up on and which to come back to
- Find a way of getting intersubjectivity
- Speaking for adult

DVD clip

The Turtle

## DVD clip 3

- Avoid / Approach      Mistrust / Trust
- Trusting the process
- Going with your judgement in the moment
- The importance of supervision