

# Curiosity, Crying and the Loss of a Loved Parent

Helping a child shift from “You’re weird” to  
“How come you’re weird?”

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Julie Hudson, Clinical Psychologist,  
Bath, England

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# A dilemma

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- ❑ A child's ability to separate from a traumatic past and move forward to a sense of purpose and a belief in a better future, seems to be dependent on a close relationship with a supportive adult.
- ❑ Unfortunately, the experience of abuse and neglect seems to prevent many children from trusting the adults who could provide that kind of good care and protection.



# Introduction to “I will not listen to your lies”

## A poem by Dan Hughes

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“ A sad truth...is that as the child begins to feel safe and wanted... he will become anxious and uncomfortable. The very reality of progress... makes the placement more and more difficult for the child.

Will the strength that emerges from his terror be greater than his parent’s strength, which comes from their love and commitment?

It truly is a battle. Or maybe a better analogy is a race to the finish line. He is desperate to have his parents win, but he will run as fast as he can so that they do not.”

# Making sense of behaviour

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- ❑ **Perceived motives of your parents**
  - The understanding you have of the reasons why your parents behave towards you as they do
  - Children often misread their parent's motives, make false assumptions, and act on them as if they were facts



# Making sense of behaviour

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## ❑ Perception of non-verbal behaviour

- The understanding the child has of the reasons why others behave as they do
- Children often misread others non-verbal behaviour, make false assumptions, and act on them as if they are facts



# Shame

The internally focused, humiliating feeling of being worthless and/or bad

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- ❑ Head down
- ❑ Avoids eye contact
- ❑ Body still or frozen
- ❑ Little or no speech
- ❑ If left in shame, without repair, too long, an individual starts to believe he or she is “bad”
- ❑ Children may deny their actions, minimise them, blame others and/or go into rage as only way to defend against feeling this overwhelming shame



# Move from.....

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