

Adversity, Relationships and Psychologically Informed Environments

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“They are casting their problems at society. And, you know, there's no such thing as society. There are individual men and women and there are families. And no government can do anything except through people, and people must look after themselves first.”

Margaret Thatcher (1987)



ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently

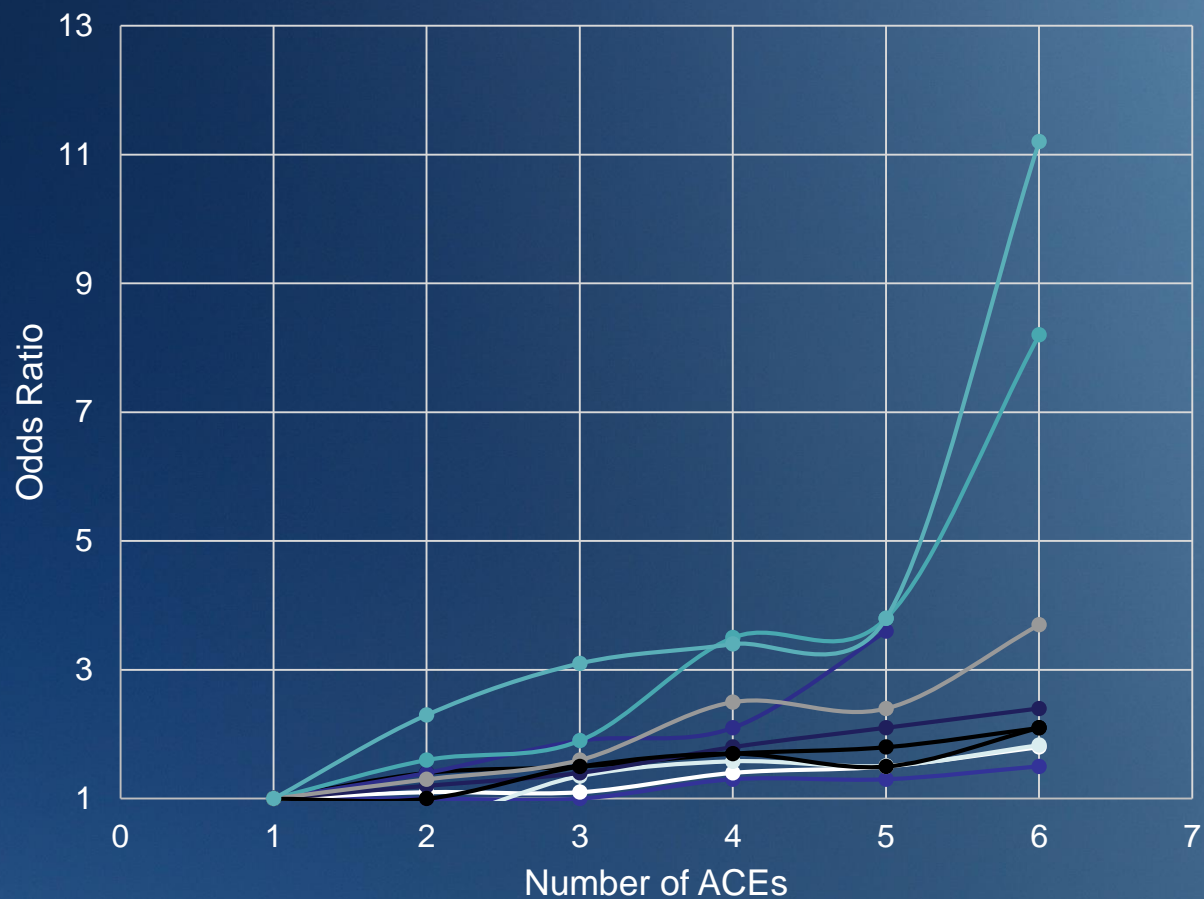


Substance Abuse



Divorce





- heart disease
- COPD
- self-report alcohol problems
- psychotropic medicine use
- lifetime hallucinations
- liver disease
- lung cancer
- women with >30 sexual partners
- lifetime depression in women
- lifetime attempted suicide

Preventing ACEs in future generations could reduce levels of:



Heroin/crack cocaine
use (lifetime)
by 66%



Incarceration
(lifetime)
by 65%



Violence perpetration
(past year)
by 60%



Violence victimisation
(past year)
by 57%



Cannabis use
(lifetime)
by 42%



Unintended teen
pregnancy
by 41%



High-risk drinking
(current)
by 35%



Early sex
(before age 16)
by 31%



Smoking tobacco or
e-cigarettes
(current)
by 24%



Poor diet
(current; <2 fruit & veg
portions daily)
by 16%



Experiencing four or more ACE's makes someone.....

- 3x more likely to have attended A&E in the last month
 - 4x more likely to have experienced depression
 - 32x more likely to have had an STI
 - 5x more likely to be mother before eighteenth birthday
 - 4x more likely to be unemployed
 - 10x more likely to have hit someone in the last month
 - 6x more likely to have used heroin or cocaine
-
- 12x more likely to have tried to commit suicide





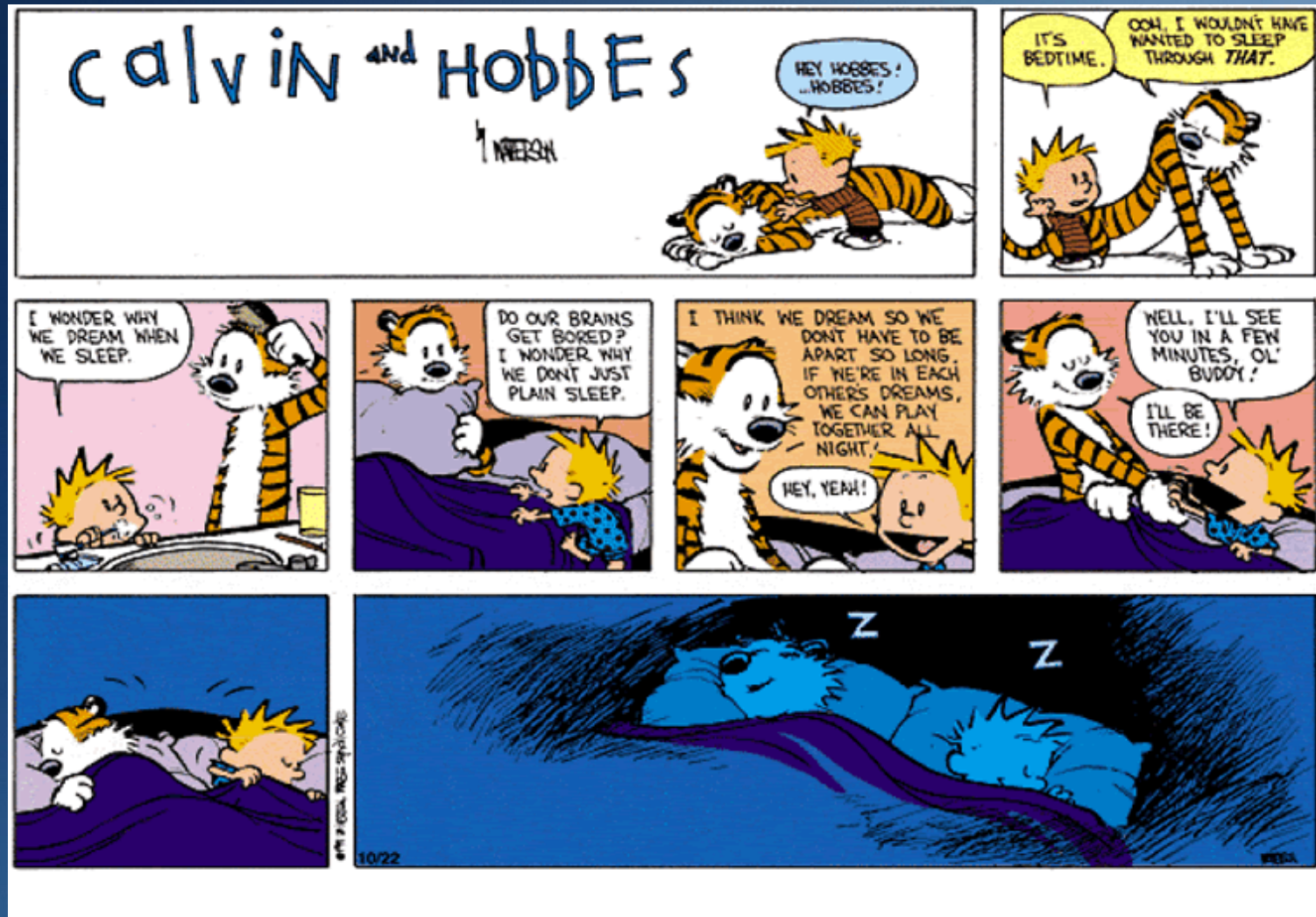
‘There is no such thing as a baby.’

D. Winnicott (1957)



Relationships define health





The Internal World.
The Emotional Experience.





Why?

Psychological Conflicts.

‘The relations with carers are characteristic; they are characterized by the defeat of help.’

R.Hinshelwood (2002)



Why?

Comprehension conflicts.

‘When a young person is to be found running down the street smashing windows, he is looking for his mother.’



D. Winnicott (1949)



Engagement



Content *and* Process



Multiple and Complex Needs



Multiple and Complex Needs



Multiple and Complex Needs

- Young female living in supported accommodation.
- Dependent on carers for basic ADL's
- Splits carers.
- 'Engages' with support in a variety of, often challenging, ways.
- At times very demanding, at other times totally self reliant.
- Range of challenging behaviour in relation to eating, conduct.
- Highly, highly emotionally labile.
- Occasionally aggressive and violent.
- Evokes very strong extremes of emotion in carers.
- Called 'bonkers' by other residents.
- Very volatile relationships with friends.
- Range of addictions.





Complex Presentation \neq Complex Intervention



‘There is no such thing as an employee.’

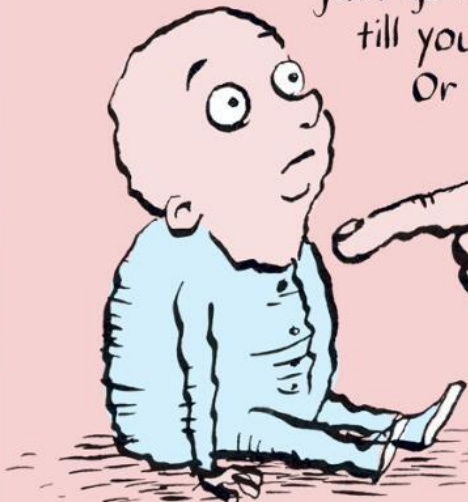


Employment is *fundamentally* relational.



HISTORIC CLAIMS

YOU are going to make a lot of bad choices in your life
– choosing the wrong parents, the wrong socio-economic
group, and the wrong social welfare home, where you
are going to get yourself abused. After that you are
just going to carry on making bad choices
till you end up in prison.
Or a psych ward.



When are you going to take
some responsibility for yourself?

MURDOCH 14/02/15



Thoughts / Questions?

