

Trauma Teddies

& FOCUSING THERAPY

For Focusing Therapy, the aim is to use the Teddy for enhancing the child's wellbeing and providing a tool whereby therapy can be conducted indirectly and in the spirit of play.

The child receives the teddy and may, at some point, name it. Questions focus on the teddy:

"Is your teddy alright? What does he say? Is he in any trouble? How are you going to look after him?"

It is important for the traumatised child to feel that intense attention is not directed towards him or her and that discussion occurs in an open space without the pressures of 1 to 1 interaction. The child's feelings and experiences become gently externalised.

The teddy's sack is used to store drawings, messages, gifts, etc. It may also be a pocket for the names of problems that the child does not want to look at. They can be placed there to be looked at another day. All of this is dramatised as a means of helping Teddy. Harsh or traumatic experiences are reprocessed by the brain in the distancing and in the retelling. The child's desire to listen to Teddy and help him, guided by parent or therapist, become the means of developing strategies for personal resilience.

This method is suitable for most children under the age of 10. In Arabic, the name Dabdood (The Loving Teddy) can be used.

www.teddiesfortragedies.org.uk