

Projective identification happens all the time, it's a normal part of human interaction, so why is it important to consider when you have a relationship with a vulnerable child?

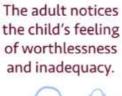
|Projective |Identification



Therapeutic Services and Trauma Team



The child shuts down, withdraws and/or fights with all his emotional strength to protect himself from hurt





The adult takes on board those feelings, they start to feel like their own.



The child notices, and takes their feelings on board. They add to his hurt.

The adult shuts down, withdraws and/or fights with all their emotional strength to protect themselves from hurt.

...so what can you do?



Notice the child's signs of stress; and observe your reactions (e.g. Self doubt? Withdrawal? Irritability?)



When stress knocks at your door – draw on all your resources that help to calm YOU (deep breathing, nurturing food, talking to a friend, having a bath, watching TV, walking the dog)





Then turn your attention back to the hurting child. Meet their distress with the 'new calm you'. Stand alongside them, bear their pain – and know that it belongs to them and not you.