

The Solihull Approach

What you will learn:

- **What it is**
- **The Approach**
- **Further Information**

What is it?

- The Solihull Approach is a universal emotional health tool for use by all practitioners working with children and families.
- The Solihull Approach is both a way of engaging and working with whole families and a way of thinking about our work. It is based on an integration of well-established theories and has a strong emphasis on practice.
- It is a tool that can be used by a wide range of professionals with a wide range of families.
- The Solihull Approach is an integrated model of working, open learning resource packs and training programmes for care professionals working with families, babies, children and young people who are affected by emotional and behavioural difficulties.
- It is an early intervention model and is also used for prevention and group work.

The Approach.

- The model incorporates three concepts of containment, reciprocity and behaviour management.

Containment.

- **Containment** describes the process of processing anxiety and emotions so that the ability to think is restored.
- One practical aspect of this is that the professional actively listens and puts the story together with the parent, before attempting to give any advice or behaviour management.
- Containment describes the process of one person receiving and understanding the emotional communications of the other, e.g. anger, guilt or anxiety, without being overwhelmed by them and then being able to communicate this back to the other person.
- If the other person is then able to no longer feel overwhelmed themselves, this restores their capacity to think about the situation as well as their ability to process their emotions

The Solihull Approach

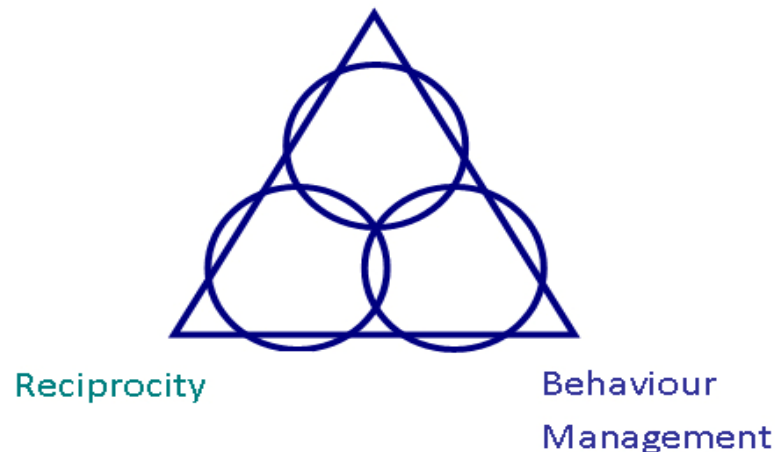
Reciprocity.

- Reciprocity focuses attention on the attunement between the parent and child, enabling the professional to then work with this aspect of the relationship.
- Reciprocity describes the sophisticated interactions between a baby and an adult when both are involved in the initiation, regulation and termination of the interaction process whereby the parent is sensitive to the needs and feelings of the child and responds to the child (and the child also responds to the parents).
- Reciprocity also applies to the interactions in all relationships, adult to adult, worker to parent.

Behaviour management

- The principles of behaviour management are necessary, but these are used later in the process so that they are customised together with the family and are created within that unique context, which seems to make them more effective.
- Behaviour management is part of the process whereby parents teach their child self-control, thus enabling the child to participate in society.
- The parents work together to place reasonable boundaries on the child's behaviour.
- They encourage the child with attention and other rewards.
- Gradually the child becomes able to internalise both the restraints and the satisfactions for himself. It also facilitates learning and development.

Containment



Further Information

- The Solihull Approach is now part of our Core Training Standard and is available as a two day course across the Nottingham Children's Partnership thus creating a shared language and framework for working with children, young people and their families.
- Peer Support Groups meet on a 3 monthly basis, offering an opportunity for practitioners to meet and discuss practical ways of incorporating the Solihull Approach into work practice.
- A managers E Learning briefing is available at on the same webpage as this document or click here <http://www.nottinghamchildrenspartnership.co.uk/media/370462/copy-of-updated-solihul-for-managers-1-1.pdf>
- There are Solihull resources that include Early Years, School Years and Train the Trainers packs, Baby Brain DVD's and varied emotional health and teen brain books