

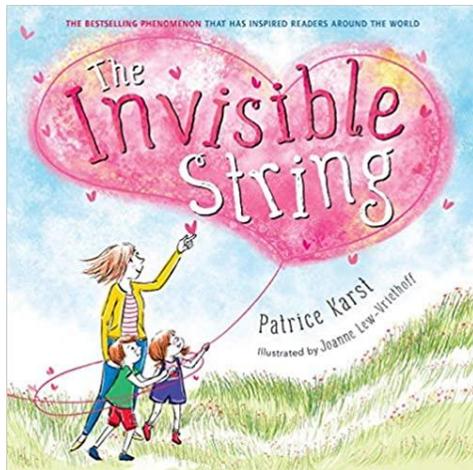
The Invisible String by Patrice Karst

Using the Protective Behaviours Strategies of Theme Reinforcement, One Step Removed, Network Review & perhaps some Risking on Purpose!

This book 'The Invisible String' by Patrice Karst was recommended recently by lots of adults who work with children as a great resource for helping support when attachment needs and anxiety may feel overwhelming and hinder separation, also for helping children who have been bereaved. I certainly agree with them.

You can find lots of readings of the book on YouTube, this one is the author herself:

<https://www.youtube.com/watch?v=n5w3dfVfxcw>



The book is a great tool for reinforcing key Protective Behaviours messages too – thinking about and naming feelings and talking about thoughts.

Reinforcing Theme 1: We all have the right to feel safe all the time and chatting about how our Early Warning Signs let us know if we aren't feeling safe anymore. Then thinking about what we could do to help ourselves feel safer (and if we know about the invisible string this may help – we could even tie a piece of real string in a bow and pin it in a pocket perhaps so we could touch it to remind ourselves of the people we are missing and remind ourselves of their love for us even though they aren't with us)

Using stories is a very safe way to explore difficult to manage feelings, it uses the Protective Behaviours strategy 'One Step Removed' by talking about someone or something else, so it feels much safer than talking about 'me' and what's actually happening. It's a good way to rehearse for events in the future.

The end of the book is a great prompt for reviewing Personal Networks of safe people who could actually help us wherever we may be experiencing our Early Warning Signs.

Going back to school or nursery may feel like a 'Risk on Purpose' for many parents and children, using Protective Behaviours can help pre-empt, prepare and reassure 😊