



1



2



3

Participation and Engagement




4

4

You Are Welcome Here!



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5

Please re-introduce yourself by sharing:

- Name
- Practice/Health System
- Location
- Role
- What is your favorite parenting topic to explore with parents?




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Mindfulness Moment

How is your authentic self today?



MIND



HEART



BODY




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Our Time Together

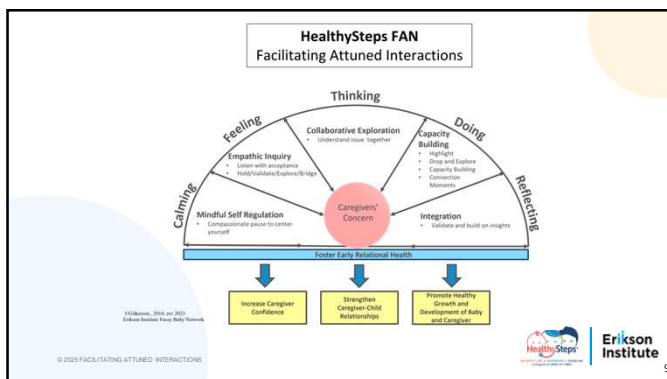



Welcome and Reconnecting	1	5	Responding to Intensity + Fierce Self-Compassion
Your FAN Journey + Self-Compassion	2	6	Mismatch and Repair
Core Processes + ARC Revisited	3	7	FAN as a Team Tool + Sustaining the FAN
The Journey of the Visit	4	8	Reflections + Evaluation

Self-Compassion ← →

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Pair and Share

- What FAN wedge is the most comfortable **for you**?
- What FAN wedge is the most challenging **for you**?
- Were you able to use self-compassion in your practice?

6 minutes in dyads; switch when prompted

▶ Whose birthday is closest to today

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Pair and Share

Debrief

- What was it like to have uninterrupted time to share your experience?
- What themes came up?

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Draw Your FAN Journey

Activity

- In breakout groups of 4-5, draw your journey with using the FAN approach and share with each other
- Decide on one big idea to bring back to the large group

5 minutes to draw; 10 minutes to discuss in groups of 4-5

▶ Who has the most pets?

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Draw Your FAN Journey

Debrief




- What themes came up in your group?

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The FAN:

A Model for Attunement to Others and Yourself



- While you are attuning to and holding others, it is also critically important to attune to and hold yourself.
- One way to hold yourself is through Self-Compassion.

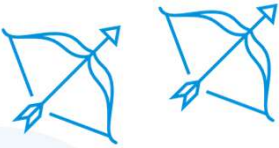



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Self-Compassion

Repairing with Ourselves First



"The first arrow comes from the outside
The second arrow comes from the inside"

- Self-compassion is giving yourself what you need, when you need it.
- If our compassion doesn't include ourselves, it's incomplete.
- It's avoiding the "Second Arrow."




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Mindful Self Compassion

3 Components



SELF-KINDNESS

We are gentle with ourselves, not harshly critical or judgmental



COMMON HUMANITY

We connect with others in ways that recognize our shared humanity rather than feeling isolated in our suffering



MINDFULNESS

We hold our experience in balanced awareness and do not ignore, suppress, or exaggerate our pain




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Practice Mindful Self Compassion

- Step 1: Recognizing what is going on for you with the Three Centers Check
- Step 2: Recognizing and Accepting without judgement
- Step 3: Embracing our common humanity
- Step 4: Holding ourselves with kindness




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Practice Mindful Self Compassion

Step 1: Recognizing what is going on for you with the Three Centers Check



MIND



HEART



BODY




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Practice Mindful Self Compassion

Step 2: Recognizing and Accepting Without Judgement.

"Oh. I wish I didn't say that. I don't like how that went. This feels awful."

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Practice Mindful Self Compassion

Step 3: Embracing our common humanity

It's OK. It happens to everyone. You are not alone.

"Oh. I wish I didn't say that. I don't like how that went. This feels awful."

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Practice Mindful Self Compassion

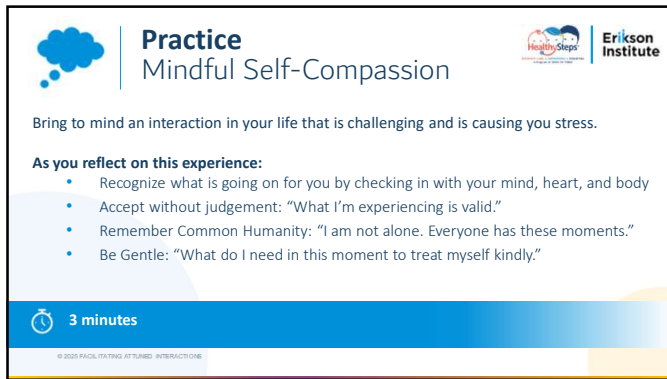
Step 4: Holding ourselves in kindness

It's OK. It happens to everyone. You are not alone.

"Oh. I wish I didn't say that. I don't like how that went. This feels awful."

You care so much and want the best. You'll find your way.

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Practice
Mindful Self-Compassion

Bring to mind an interaction in your life that is challenging and is causing you stress.

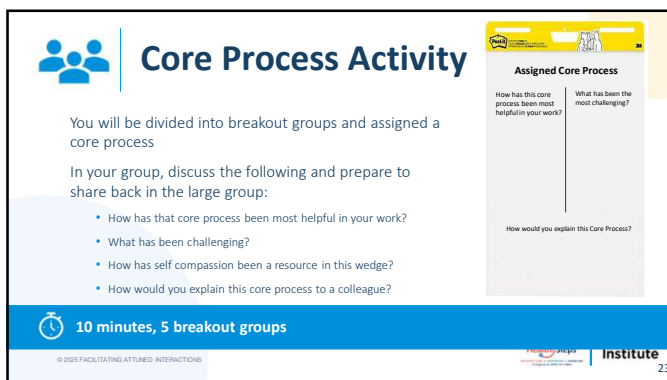
As you reflect on this experience:

- Recognize what is going on for you by checking in with your mind, heart, and body
- Accept without judgement: "What I'm experiencing is valid."
- Remember Common Humanity: "I am not alone. Everyone has these moments."
- Be Gentle: "What do I need in this moment to treat myself kindly."

 **3 minutes**

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Core Process Activity

You will be divided into breakout groups and assigned a core process

In your group, discuss the following and prepare to share back in the large group:

- How has that core process been most helpful in your work?
- What has been challenging?
- How has self compassion been a resource in this wedge?
- How would you explain this core process to a colleague?

 **10 minutes, 5 breakout groups**

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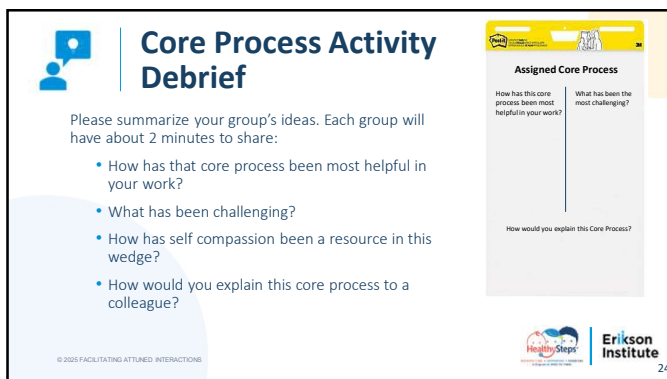
Assigned Core Process

How has this core process been most helpful in your work? | What has been the most challenging?

How would you explain this Core Process?

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Core Process Activity Debrief

Please summarize your group's ideas. Each group will have about 2 minutes to share:

- How has that core process been most helpful in your work?
- What has been challenging?
- How has self compassion been a resource in this wedge?
- How would you explain this core process to a colleague?

Assigned Core Process

How has this core process been most helpful in your work? | What has been the most challenging?

How would you explain this Core Process?

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Let's take a 15-MINUTE break

15:00

Start Stop Reset mins 15 secs 0 type None

Breaktime for PowerPoint by Flow Simulation Ltd. Show Settings

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ARC of Engagement

Before the contact

- How am I?
- Who are we to each other?
- What are my expectations?
- What do I need to do to be present?
- How can I hold myself compassionately given what may arise?

In the beginning

- What has it been like *for you* to parent now that your child is in ____ stage...

Near the middle

- I just wanted to check in with you. Are we getting to what's most on your mind today?

At the end

- Three words
- What would you like to hold onto from our discussion?
- How am I now?
- How can I hold myself compassionately as I reflect?
- How might it have felt for them?
- What do I need to do to be present for what comes next?

After the contact

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The Purpose of the ARC: A Trauma-Informed Tool

Security

Provides a consistent, predictable structure; allows you to check for bias

Focus

Helps you take the pulse and see where a caregiver is. Allows you to shift focus to caregiving early in the visit

Collaboration

Provides a concrete way to partner with caregivers through the visit

Closure

Completes the communication circle. Provides a consistent end for caregiver and visitor

Presence

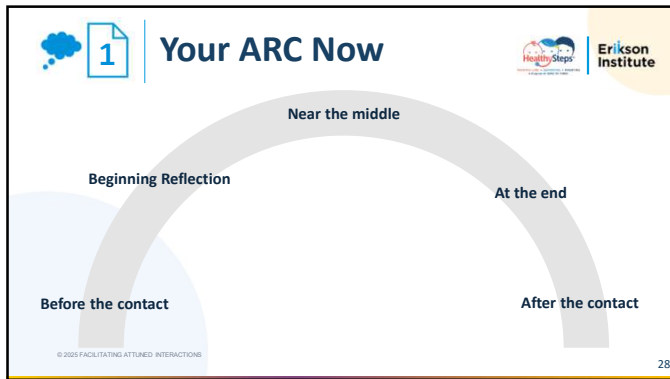
Allows us time to process and replenish

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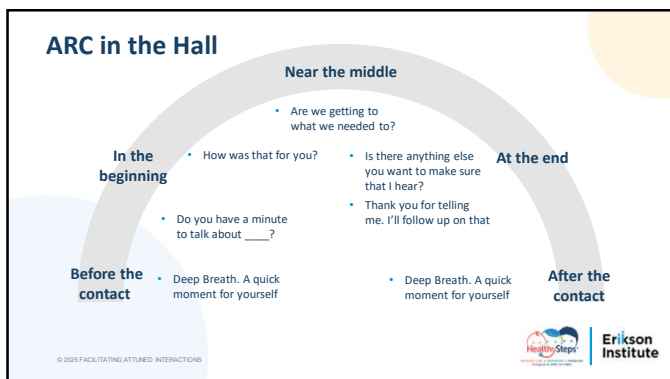
ARC of Engagement

- How has using the ARC been for you?
- What parts of the ARC have been most helpful?
- What parts of the ARC have been challenging?

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ARC as a Team Tool Activity

- How do you imagine using the ARC outside the exam room?
- What ways could the ARC be useful to your team?
- What strategies might you implement to use the ARC?

8 minutes, with your team

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ARC as a Team Tool Activity Debrief

Please summarize your group's ideas. Each group will have about 2 minutes to share:

- How do you imagine using the ARC outside the exam room?
- What ways could the ARC be useful to your team?
- What strategies might you implement to use the ARC?

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Journey of an Interaction: Trainer Sample

KEY

- M** = Mindful Self-Regulation
- E** = Empathic Inquiry
- CE** = Collaborative Exploration
- CB** = Capacity Building
- I** = Integration
- A** = ARC

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Activity

The Journey of an Interaction




Share your journey with your partner then answer the following questions:

- What was it like to be with this family?
- What are you noticing about where you were and where the family was on the FAN?
- What is your takeaway from sharing this experience?


10 minutes independently; 15 minutes in pairs

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Debrief

Large Group Reflection




- What was this like for you?
- What did you discover about the FAN?
- What did you discover about your work?
- Did anything arise for you that would make it hard to be present with this caregiver?
- Is there a way that Self-Compassion could help you hold your experience?


5 minutes

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Let's take a 60-MINUTE break

60:00

Start Stop Reset

mins:00 secs:00

type:None

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Inside/Outside

3. OUTSIDE YOU

- Write how these feelings, thoughts, and sensations showed

2. INSIDE YOU

- Write the feelings, thoughts, and sensations you felt

5. BETWEEN US

- Consider biases, privilege, social location
- What do I need to understand about this whole person?

6. INSIDE OTHER

- What might they be feeling and why?

1. OUTSIDE/OTHER

- What did the person do or say that activated you?
- What was the behavior?
- What was said and how was it said?

4. MSR STRATEGIES

7. EMPATHIC RESPONSE

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Inside/Outside

Large Group Reflection

- Did you see anything in a new way as you worked through this process?
- How might you use this reflective process in your practice?
- Are there any moments when you used or could have used self-compassion?

5 minutes

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Stand and Stretch 1-minute break

00 : 01 : 00

Change Clock Type

Digital

Duration

00 : 01 : 00

TimeUp Reminder (Optional)

On

Choose Sound Effect

Tick

Choose TimeUp Sound

Alarm

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Fierce Self-Compassion

-  Protecting, providing for, and motivating *ourselves*
-  Asserting boundaries
-  Saying “yes” to ourselves
-  We need self-compassion and fierce self-compassion to be balanced, integrated, and whole.

You can learn more about self-compassion and fierce self-compassion from Dr. Kristin Neff at <https://self-compassion.org/what-is-self-compassion/>




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Shayla Collins: Fierce Self-Compassion






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Fierce Self-Compassion *In Action*




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Pair & Share

Fierce Self-Compassion

- When is a time when you can use fierce self-compassion in your work?
- What are you doing for yourself? What have you observed others doing that you want to emulate or have an opinion about?
- Can you imagine a time where you would use fierce self compassion in your work?


5 minutes, in pairs

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Pair & Share Debrief

Fierce Self-Compassion

- Did any themes come up in your discussions?
- How might you practice fierce self-compassion in your work?


5 minutes, in pairs

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Mismatch and Repair



How do we know when a mismatch is happening?

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“When you do something that doesn’t work, you have an opportunity to learn something and grow closer.”

--T. Berry Brazelton, MD

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Kinds of Misattunements:

-  Pacing
-  Cultural misattunement
-  Pushing our agenda/jumping to do

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Misattunements

- What kinds of misattunements do you experience?
 - With families?
 - With providers?

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Language of Repair

"Conscious Re-attunement"

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Language of Repair

- I'm wondering if we're not quite on the same page. I think I got ahead of you.
- I'm wondering if I started offering suggestions too quickly. I'd like to listen a little more to make sure I understand what's important for you.
- Let's slow down for a minute. I'm not sure I'm understanding. Can you tell me more about what this was like for you?
- I want to make sure I'm supporting you. What would be helpful to you?
- It sounds like you're ready to move on. Would you like to shift to _____?
- It sounds like what I suggested wasn't helpful at all. I'm sorry I missed the mark. Could we think a little more about it together?
- I was thinking about you during the week. I think I didn't really hear how hard it's been for you since your sister moved in. Could we talk about this again? I'd really like to understand.

• _____

• _____

• _____

"When you do something that doesn't work, you have an opportunity to learn something and grow closer."
-T. Berry Brazelton, MD

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Self-Compassion:

Repair is a part of trusting relationships

To make a healthy repair, we may have to first repair with ourselves

Self-Compassion is one way to nurture the reparative process

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Practice

Mindful Self-Compassion

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Let's take a 15-MINUTE break

15:00

Start Stop Reset mins 15 secs 0 type None

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FAN as a Team Tool:

Helps people attune to each other

Offers your team a common language
"Sounds like you're feeling really stuck. Let's FAN it together."

Helps you "read the team"
"Looks like we all have a lot of feelings about that"

Helps you know where you are and name it
"I'm sorry. I think I jumped to Doing too quickly"

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The FAN as a Team Tool:

Helps people attune to you

- "I'm so overwhelmed right now."
- "I hear you but I'm not there. It still feels really hard."
- "Can we talk about this some more? I'm not sure about this"
- "I'm really in feelings today."
- "I'm ready to start doing."
- "Could we slow down? There's so many ideas. I'm getting lost."
- "MSR! MSR! MSR!"

What is a FAN phrase you can use to cue others to your needs?

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Helps you get people to meet your needs

- Mindful Self-Regulation:
 - “I just need to pause for a moment and take a breath. That was upsetting to hear.”
- Feelings:
 - “I’m really surprised about that. I need a little more time to process this.”
- Thinking:
 - “Stay with me a minute I’m still trying to sort this out.”
- Doing:
 - “I’m ready to move on. Can we come up with step one?”
- Integration:
 - “Wait, I just had an insight about this!”

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FAN as a Team Tool: Shared Language Activity

Activity Parts:

1. We will take 5 minutes to reflect individually, **filling out only the top rectangle** on your worksheet.
2. We will place you into breakout rooms with your team for 10 minutes to share with each other.
3. When you return from the breakout rooms we will think together as a group about potential responses to cues others may give you **in the bottom rectangle**



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FAN as Common Language Cueing People to Attune to You!

1. In the **top boxes** for each FAN Wedge, write an example of what you could say to your colleagues to let them know where you are and what you need.

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FAN As Team Tool: Shared Language
Communicating Where You Are and What You Need
In the top box, write an example of what you could say to your colleagues to let them know where you are and what you need.

CALMING:

FEELING:

THINKING:

DOING:

REFLECTING:

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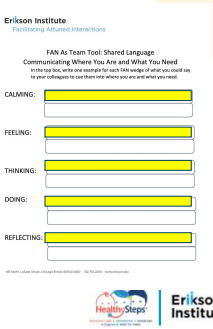


FAN as Common Language Cueing People to Attune to You!

Share with your team:

How do you let others know that you are in:

- Calming?
- Feeling?
- Thinking?
- Doing?
- Reflecting?



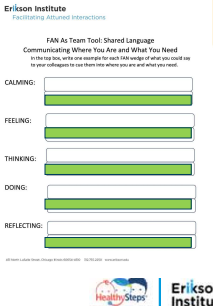
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FAN as Common Language Cueing People to Attune to You!

Let's think of some responses together!

If you would like, you can write some potential responses from your peers in the bottom box on your handout.



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Debrief

- How did it feel to be heard in this way?
- What might it add to your team to be able to share yourself and be able to respond to each other in this way?



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Team Time

FAN Sustainability Time




- Your supervisor will lead the discussion
- How is your team already using the FAN?
- How would you like to expand the use of the FAN in your team? What would it take to do it?
- What will help your program sustain the FAN in visits, supervision, team meetings, and documentation?


15 minutes, in Teams

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Team Time Debrief

FAN Sustainability Time






What is one takeaway about sustainability that your team would you like to share with the full group?

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Gifts of the FAN






- I have a theory of change that grounds me.
- I have tools I can use in the moment to guide me.
- I understand that relationships are achieved not assumed and I am gentle not harsh with myself.
- I can catch myself when I'm out of balance and bring myself back to center.
 - I know what gets me stirred up or shut down.
 - I can read my own cues.
 - I have strategies to bring me back to balance.
- I can hold big feelings and stay regulated.
 - I have words and ways to respond.
 - I know to speak simply and pause.

- I can stay with another person and not rush to fix them or their problems.
- I can give my gifts of information and be heard.
- I have a structure to use which helps create mutual safety.
- I have a working model for trauma-informed practice.
- I can be my vital rather than fragmented self.
 - I can name things.
 - I can track what is happening.
 - I can stay calm and organized.
- And when I am not my vital self, I can use support and reflection to find myself again and again.

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Reflections




What would you like to remember from our time together?

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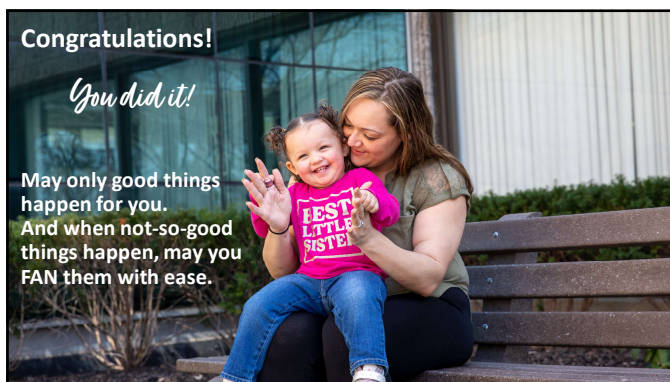
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Congratulations!

You did it!

May only good things happen for you.
And when not-so-good things happen, may you FAN them with ease.



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Evaluations




- Please complete the training evaluation:
- Your Training Code is FAN03



5 minutes

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