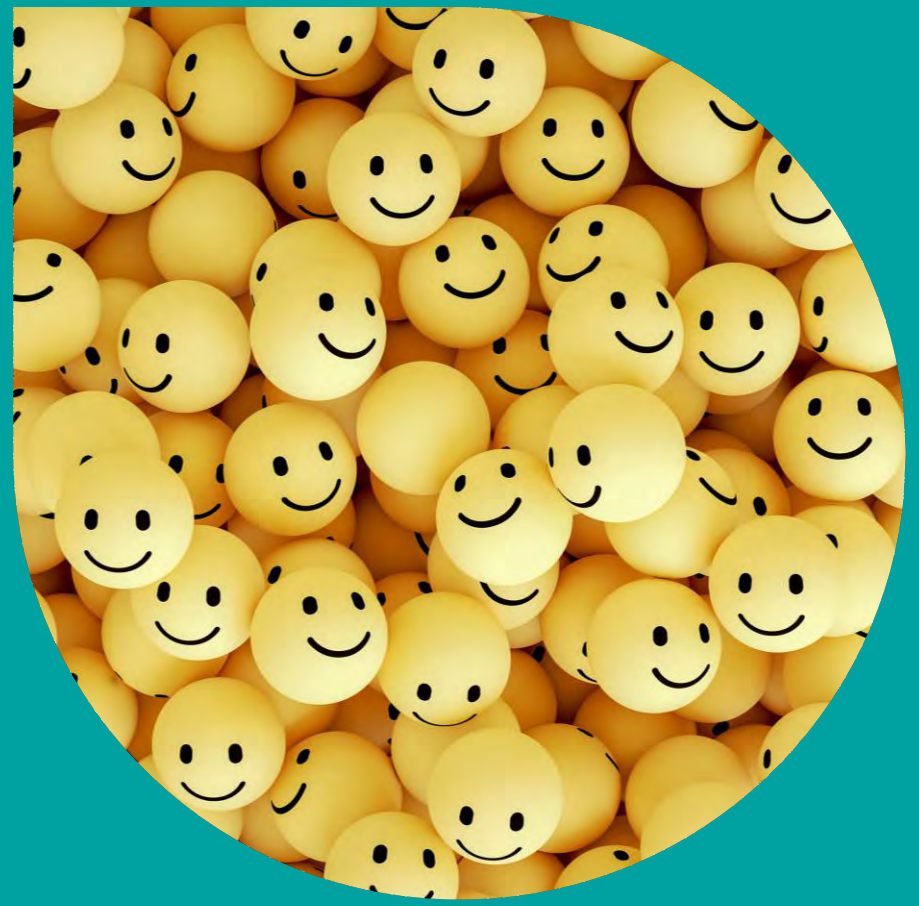
WHĀRAURAU

Why relationships matter: Making every moment count

Jayne Mercier | Whāraurau

Benjamin Phillips | Whāraurau

Hinemoa Hall | Te Aroha Noa Community Services



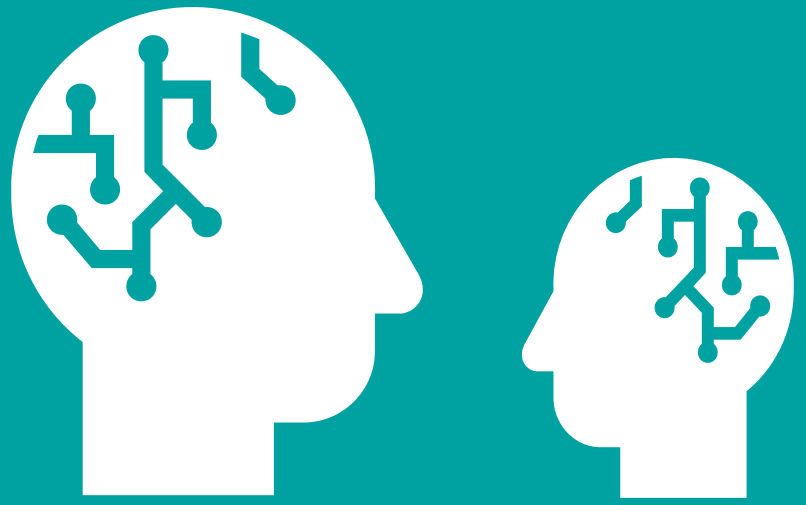
WHĀRAURAU

Waiho i te toipoto, kaua i te toiroa

Let us keep close together, not far apart

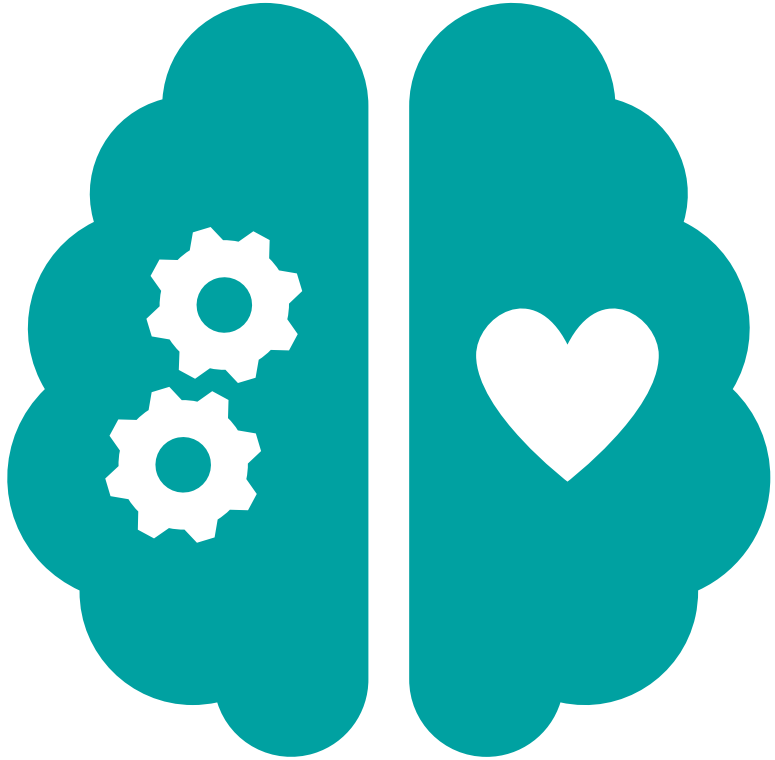
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Relationships are our foundation for safety, regulation and learning



Relationships and the brain

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Relationship before responding

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Research: The impact of the relationship

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- Relationship/alliance may account for 8-12% of variability in treatment outcomes for adolescents – meta analysis (Murphy & Hutton, 2018)
- Young people see the helping relationship as a model for others (Dimic, 2023)
- Relationship (working alliance) is associated with improvements in: relationships, self-esteem, positive coping strategies, optimism, treatment adherence, and emotional regulation – meta analysis (Dambi et al., 2023)
- “Therapeutic relationships are the treatment” – qualitative study (Hartley et al., 2023)



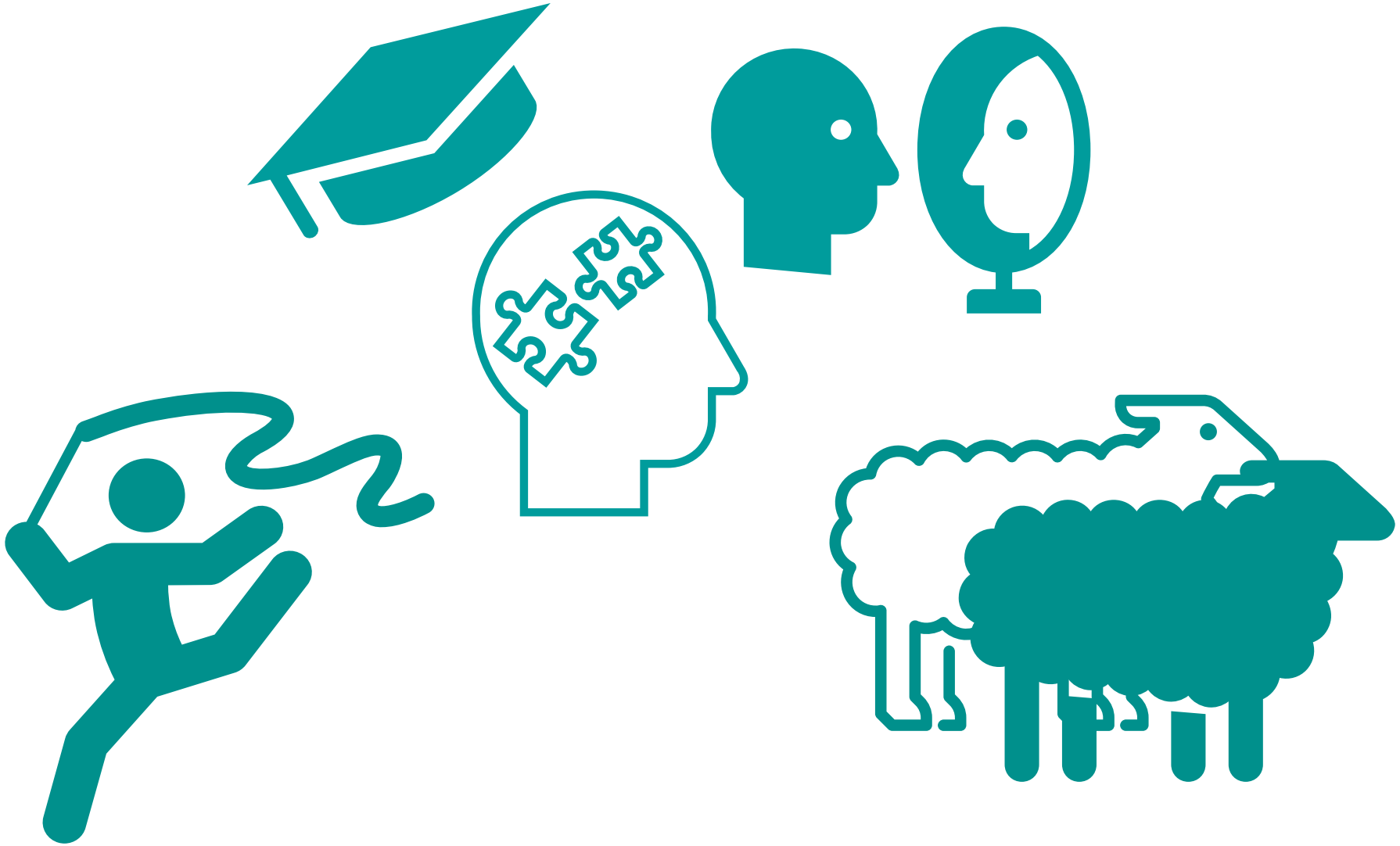
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Every interaction matters



Bitta' bout me

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The reality

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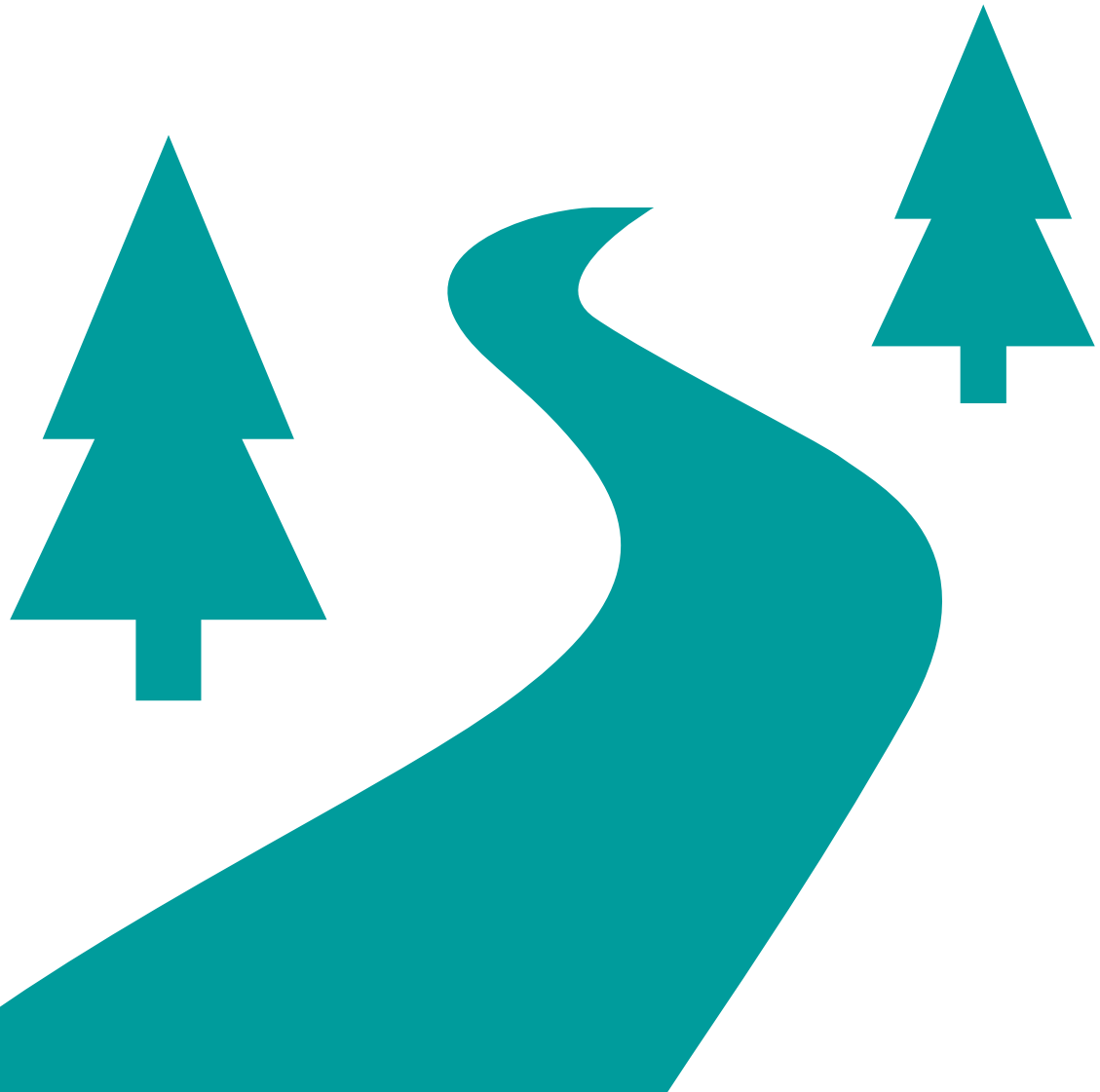
Bridging the gap

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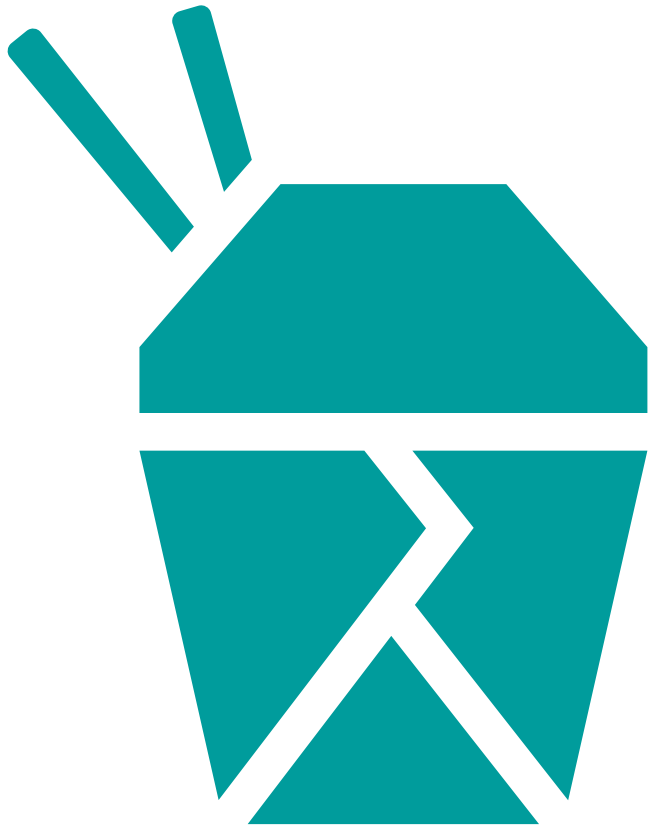
A piece of the PARTH

WHĀRAURAU



The takeaway

WHĀRAURAU




Passion,
Perseverance,
Perspective

Food For Thought

How can I use what I learn about tangata experiences to shape the way I work alongside them?

PARTH

RELATIONAL RESOURCES FOR CHANGE


Adaptability, Agency,
Action

Food For Thought

Am I creating opportunities for tangata to have agency, or am I unintentionally making decisions on their behalf?

PARTH

RELATIONAL RESOURCES FOR CHANGE

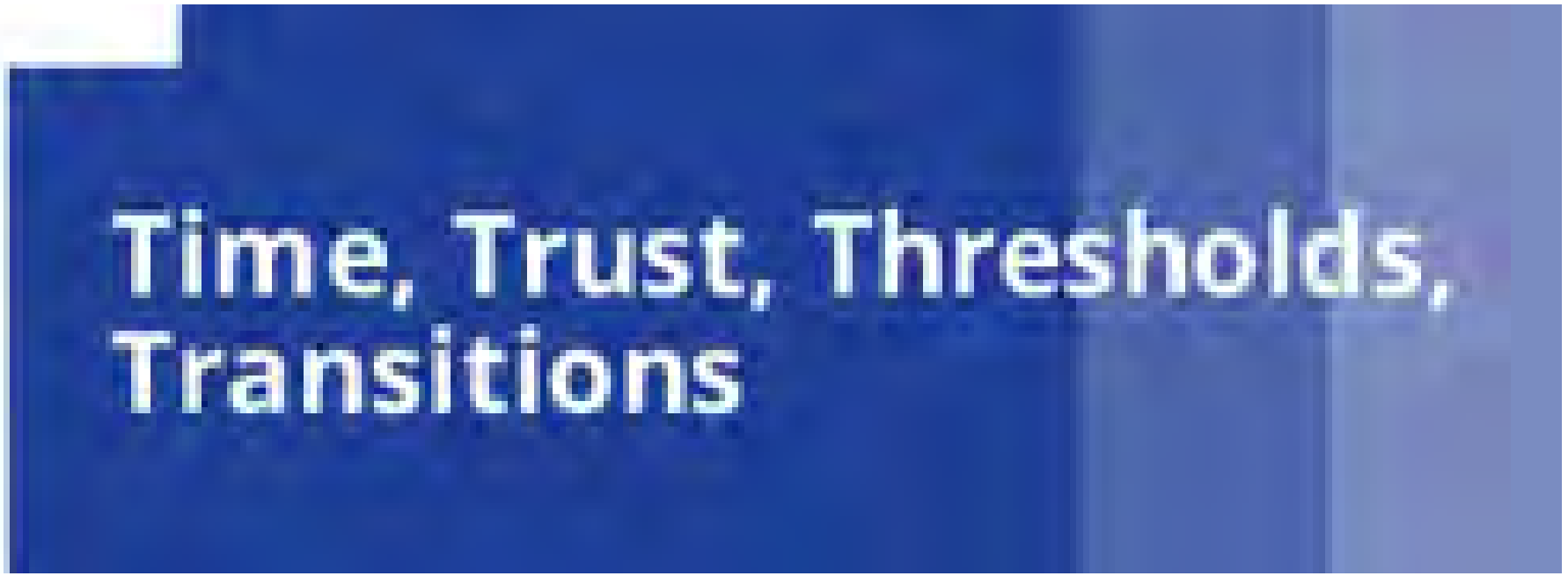

Respect, Reciprocity,
Relevant

Food For Thought

How much of the relationship is being shaped by the tangata voice, choices and needs, and how much is being shaped by my professional approach?

PARTH

RELATIONAL RESOURCES FOR CHANGE

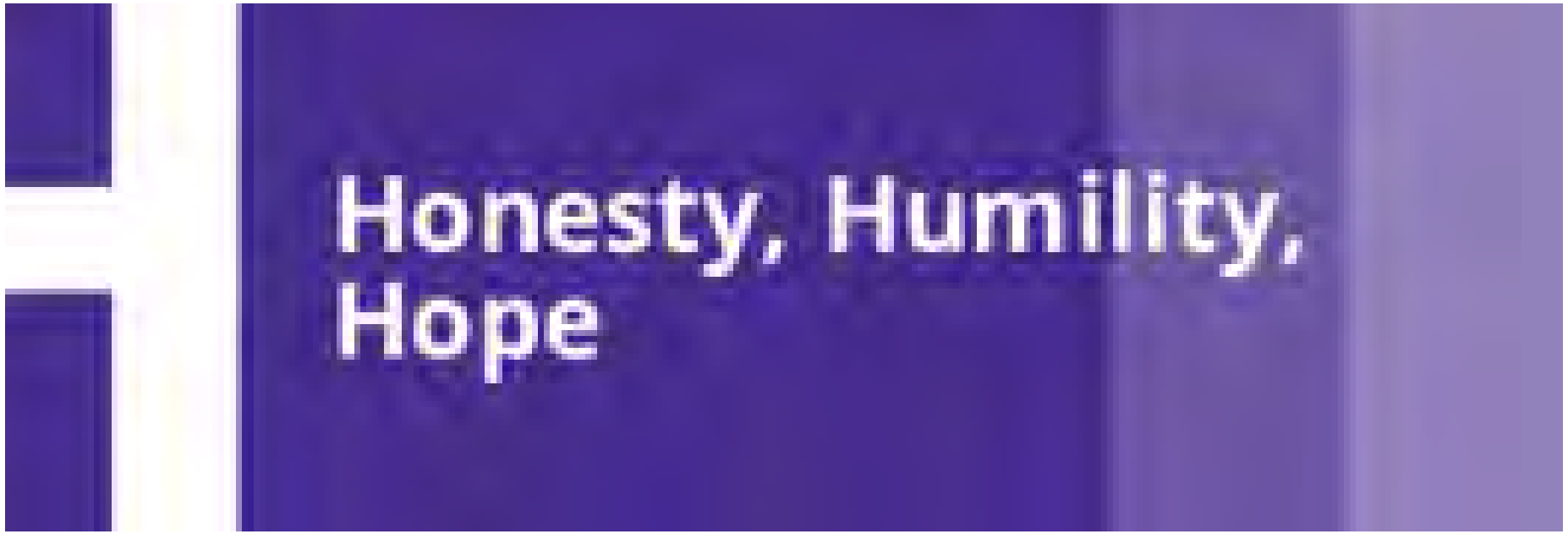

Time, Trust, Thresholds,
Transitions

Food For Thought

How often do our systems ask tangata to fit our way of thinking, rather than us adapting to what works for them?

PARTH

RELATIONAL RESOURCES FOR CHANGE


Honesty, Humility,
Hope

Food For Thought

What does it look like for me to approach someone's choices and experiences with curiosity rather than judgement?

PARTH

RELATIONAL RESOURCES FOR CHANGE

Word Cloud

If relationships are central to our mahi, what might you do differently tomorrow?



PARTH

RELATIONAL RESOURCES FOR CHANGE