

# TIGER Services, London

## How we work

The foundation of TIGER draws on the work of Stevan Hobfoll et al, 2007 and is built around a framework of six pillars:



1

Engagement



2

Promote a sense of safety



3

Promote calming



4

Promote sense of self—and efficacy



5

Promote connectedness



6

Promote hope

Building around the strengths and needs of the child, young person and family we create a bespoke trauma-informed support package designed to:

- Improve emotional regulation and literacy;
- Lean into the discomfort, empathise and safeguard children and vulnerable adults;
- Help wrap a narrative around traumatic thoughts and memories in a safe and therapeutic way;
- Increase self-agency and inner strength and resources;
- Build understanding of own behavioural responses and find ways to manage these that work for the individual;
- Work with the ecology around a young person to increase connectivity and to support those around the child or young person (CYP) to understand their experience and aid their continued recovery;
- Coach to re-empower;
- Provide support to safe care-givers;
- Work with the professional network to ensure a joined-up approach and reduce duplication.

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Trauma Informed Growth and Empowered Recovery

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### One-to-one support packages:

TIGER 1-2-1 packages are offered in blocks of 12 sessions, with a specialist practitioner.

They start with a TIGER initial assessment, which we use to create a bespoke package of intervention that is designed and adapted to fit the needs of the CYP and their safe care-givers.

Examples of our intervention themes include:

- Emotional regulation and understanding the impact of trauma;
- Safety planning at home and in the community;
- Developing self-esteem;
- Developing strengths, goals and resilience;
- Support networks/Eco map;
- Contextual safeguarding risks;
- Cognitive trauma model;
- Impact of youth violence;
- Online and social media safety;
- Power and control in abusive relationships;
- Developing healthy relationships;
- Creating hope for the future;
- Develop coaching skills and tools to support their recovery;
- Work with safe primary care givers will equip them to understand how trauma affects their CYP.

### Contact us

To discuss working with us and request a quote for training, please get in touch:

T: **07743 600 819**

E: **[tigerservices@barnardos.org.uk](mailto:tigerservices@barnardos.org.uk)**

### Group work with young people:

We offer early intervention through work with small groups of young people, identified by schools and/or youth workers. We deliver weekly sessions from between 40 minutes to one hour. Group work will incorporate many activities and opportunities to 'play'. Group work will explore (in no particular order):

- Self-esteem;
- Identity;
- Emotional literacy and regulation;
- Creating a safe space;
- Managing conflict;
- Healthy and safe ways to communicate;
- An individual's rights;
- Activities designed to promote teamwork;
- Intentional activity to foster co-working, core capabilities, developing skills;
- Safe and healthy relationships.

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