

Evolve Therapeutic Services (ETS) Nurturing Protective and Positive Childhood Experience Framework – Core Aims



At the centre (the aim) of the ETS Nurturing Protective and Positive Childhood Experiences Framework are five (5) core positively oriented beliefs that young people need to develop and integrate, with support, in order to increase their resilience and recovery following adverse childhood experiences (ACEs): I can, I am, I matter, I belong, I am safe. Young people who have experienced complex/developmental trauma, often hear and/or say to themselves a negative version - “I can’t”, “I am no one”; “I don’t matter to you/those I love”; “I don’t belong anyway”; “I don’t really have a voice”; “there is something wrong with me”; “I am not safe here” etc.

By implementing the five (5) core action-oriented protective and positive childhood experience actions/behaviours identified in the ETS framework (meet, support, create, build, grow), we can support young people to develop, integrate and reinforce a positively oriented version of the core beliefs instead. Below are some examples of these 5 core positively oriented beliefs.

I Can ...

- I can do
- I can talk to others about things that frighten/bother me.
- I can find ways to solve problems I face.
- I can find someone to help me when I need it.
- I can figure out when it is a good time take action.

I Am ...

- I am a person people can like and love.
- I am respectful of myself and others.
- I am sure things will be all right.
- I am capable.
- I am worthy of affection/love/care.
- I love and approve of myself.

I Matter ...

- I matter to you.
- I am important.
- I am asked about my thoughts and options.
- I have a voice.
- I am included in decision making.
- I feel loved/cared for.
- I am important and my presence is important to myself and to others.

I Belong ...

- I have good friends who like/care for me.
- I have people who love and respect me.
- I am an important part of my family /community, I am needed.
- I belong and I am loved for exactly who I am.

I Am Safe ...

- It's OK if I make mistakes.
- I am safe here.
- I am not going to be hurt. I can let my guard down.
- It is ok to be proud of myself and my accomplishments.
- I do not have to be perfect all the time, I can let my guard down and still be loved and accepted.
- I accept myself and my flaws, they are what makes me who I am.
- My emotions and feelings are valid and should be heard and listened to.