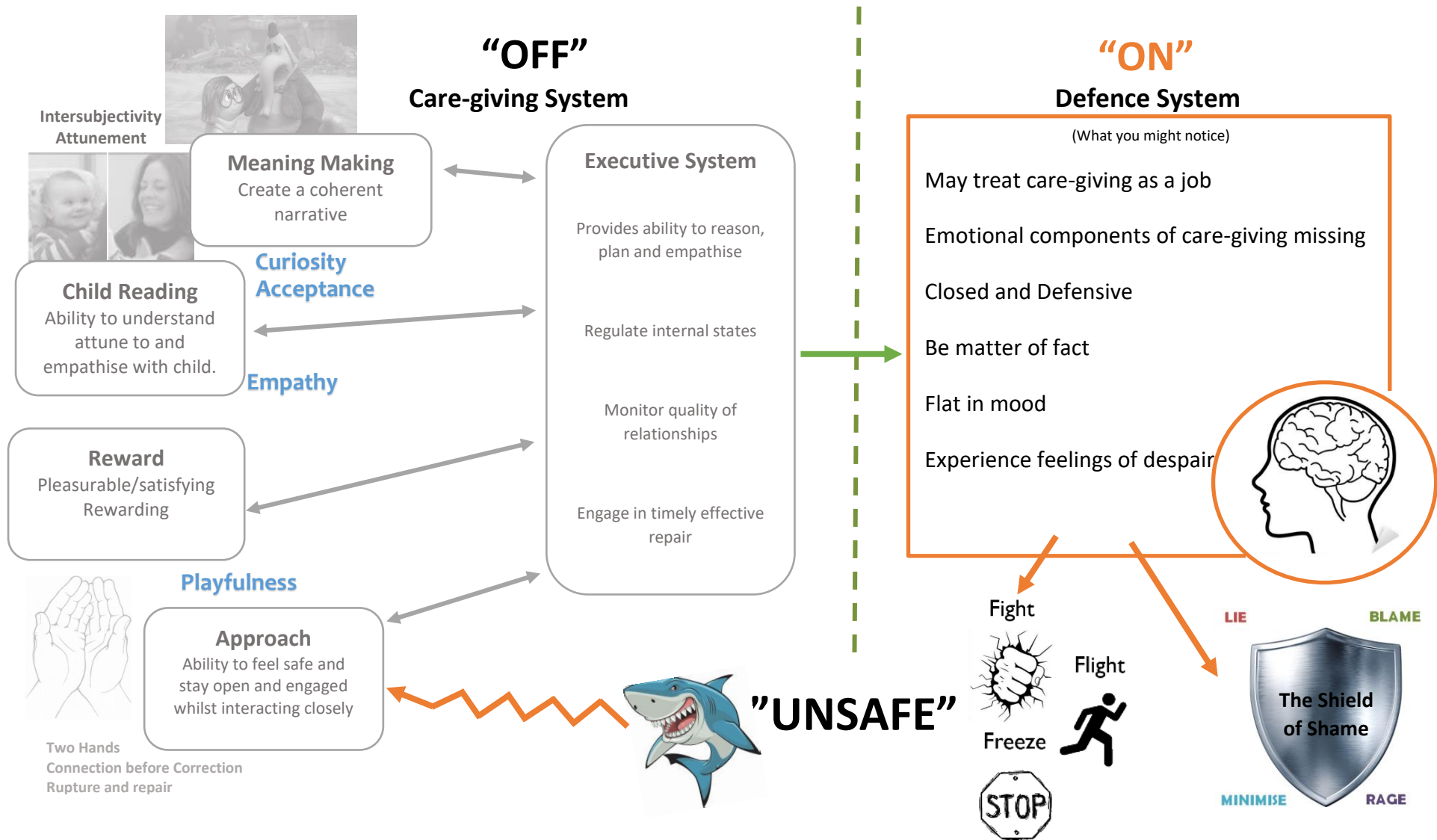


BLOCKED CARE

- Blocked care results from the repeated activation of our defensive system, usually induced by ongoing stress.
- Blocked care is the suppression of caring feelings – **it is not permanent**.
- When we experience blocked care our care-giving system weakens, some part may become weaker than others.
- The components of PACE are key in awakening the care giving system.



CARE-GIVING

- Care-giving is a skill we share with mammals, with the added brain powers of self-understanding, 'people reading', reflection and emotional regulation.
- Care-giving comprises of five systems. The executive system helps to keep the other four systems 'on' and working.
- The meaning making and child reading systems you may recognise as intersubjectivity and attunement. They also include moments when you use curiosity, acceptance and empathy.
- Reward and Approach include the two hands, connection before correction, also the rupture and repair approaches.

