

The Inclusiveness of Relationship Based Work

Joe DeBonis, MA, LPCC, IMH-E (IV)

March 2020

NMAIMH competencies addressed:

Working with Others

- Building & maintaining relationships
- Supporting others/mentoring
- Empathy & compassion

Reflection

- Contemplation
 - Self-awareness
 - Professional/personal development
-

If we were to distill the focus of home visiting into one single objective, it would be to support, enrich, and enhance the relationship between parent and their infant/young child. Within the range of services of Infant Mental Health services, home visiting is a preventive service. Through our focus on the parent/child relationship, we seek to support optimal brain growth for the child by attending to this critical relationship. Here's a quote by Jack P. Shonkoff, MD that speaks to this:

“Stable, safe relationships and rich learning experiences are key to brain development.”

From John Bowlby:

Attachment is “a lasting psychological connectedness between human beings”

And another by Fred Rogers:

“I don't think anyone can grow unless he's loved exactly as he is now, appreciated for what he is rather than what he will be.”

And finally, from Donald Winnicott:

“There is no such things as a baby...if you set out to describe a baby, you will find you are describing a baby and someone”

For a baby to survive, there needs to be an adult to care for them. And if we want a baby to thrive,

Questions to encourage discussion and reflection...

- When
-

References/Additional Resources

Forman, T. (2017, December 13). Self-Care Is Not An Indulgence. It's A Discipline. Retrieved from <https://www.forbes.com/sites/tamiforman/2017/12/13/self-care-is-not-an-indulgence-its-a-discipline/#5521a6a7fee0>

Lipsky, L. V., & Burk, C. (2009). *Trauma stewardship: An everyday guide to caring for self while caring for others*. Oakland, CA: Berrett-Koehler.

New Mexico Home Visiting Program Standards [PDF]. (n.d.).