



Sally Herring

Current Job Role: Parent Support Worker - Bright Beginnings Children Centre & Trauma Recovery Centre

Brief descriptive snapshot of this role?

I work alongside parents guiding them through our *parenting a traumatized child handbook*, whilst their child engages in creative/play therapy with a qualified therapist, to help them process past traumas. A big part of my role is offering support, encouragement and hope for the future.

What has been your journey into this role?

I met Betsy de Thierry (founder of the TRC) when she visited Guernsey in 2015 and knew instantly that I wanted to be a part of helping people recover from trauma. At the time I worked at Action for Children, where I saw the generational devastation and chaos, caused by childhood trauma playing out in young people's lives. I then did my certificate of therapeutic mentoring in Bath, which enabled us to set up the Trauma Recovery Centre here in Guernsey. I now also work at Bright Beginnings Children Centre, which is focused on the first 1001 critical days of a child's life, where we work in a trauma informed way.



Key skills & qualities for this role?

Good listener, kind and empathetic, an understanding of child development and trauma, parenting knowledge, therapeutic/mentoring skills and a lot of hope!

How does this role interact across the SOG and other external agencies?

We work with the health and social care teams within the SOG and often receive referrals from them and other agencies, leading to us becoming part of the plans made for the families we collectively work with.

Why is this work important to you?

I really believe that the family unit and the roles of each parent, are so important to the healthy and happy life of a child/young person. Parenting can be really challenging, especially if your child has experienced trauma, so understanding this and helping them to do it well, will in turn help the child to feel safe and loved and become a healthy and happy adult.

If you would like to find out more about getting into a career in Mental Health, contact a Careers Adviser at careersguernsey@gov.gg