

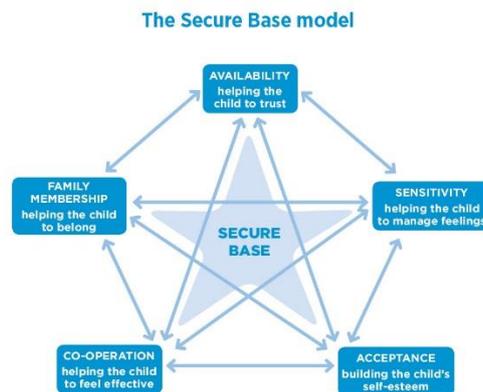


Secure Base

Using the Secure Base model to prepare inexperienced foster carers for a long-term placement

Anika (8) became looked after due to neglect. She had one placement before a planned move to newly approved fostering carers who had no children of their own.

Before Anika's placement, the supervising social worker used the [Secure Base model](#) to help the couple to gain a better understanding of her needs and behaviours and how they might respond.



The supervising social worker suggested that Anika would probably have needs in all 5 dimensions of the model – she would need help with building trust and managing her feelings, her self-esteem might be low, she might not feel effective and she would not feel a strong sense of belonging in the foster family. The social worker talked through the cycles for each of the caregiving dimensions and the foster carers speculated on how Anika might show her needs, how they might think and feel about this, and how they might respond in ways that would help her to feel more secure.

When Anika was placed, the couple stated that they felt confident and prepared as a result of this session and the supervising social worker felt that a good foundation had been laid. Anika settled well and in subsequent visits the supervising social worker and the couple continued to explore the Secure Base cycles together and to adjust their caregiving approaches accordingly.