



Therapeutic Family Interventions

Working together to achieve change

Reflective language examples from free video resource

- “Sometimes it can feel hard to ask for help”
- “It can be disappointing when we do something wrong, but everyone makes mistakes sometimes”
- “I can see you look unsure about what to do”
- “I’m wondering if it’s hard to remember when I give you lots of instructions”
- “Perhaps it feels a bit easier being in my class now we know each other better”
- “Maybe it feels scary when you have to read out in class. It can be hard to do things that we find difficult”
- “It can feel frustrating when you are finding it hard to understand the maths we are doing”
- I’ve been thinking about how hard it is for you to remember your PE kit.
- I can see it frustrates you when you try to tie your shoelaces. I’m going to ask Mrs. Jones to spend some time with you and teach you how to do them.
- I’m wondering if you would like some help with that.
- You looked sad when you didn’t get chosen for the football team, I wonder if you’d like to choose a friend and help me unpack the new books.

Video available at

<http://therapeuticfamilyinterventions.co.uk/reflectivelanguagevideo>

Making a Difference— a practical guide which encourages you to embed reflective language and other strategies in your daily practice available at

<http://therapeuticfamilyinterventions.co.uk/making-a-difference-guide/>