


### SPACE MODEL WITH TARA GRETTON

A Living Metaphor and Practical Structure.

By creating **SPACE**; emotional, relational and physical - we invite young people to step into their wisdom, to be experts for their own lives. To be believed, noticed and to have their unique ways of coping with the world amplified through gentle, curious interactions.

This is about solution focused thinking, co-regulation, gentle rhythm, and allowing time for reflection and emergence.



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### THE SPACE METAPHOR

**S – Safety and Slowness**

- Psychological and physiological safety is the first step.
- Slowness regulates the nervous system—giving time for consent, choice, and trust to form.
- Safety may look like silence, refusal, or humour. Honour it.

**P – Power and Preferred Futures**

- Trauma often strips power. SPACE restores it by asking, *“What are your hopes from this conversation?”*
- Preferred futures allow movement without retraumatisation.
- Young people are not their pasts—they are in charge of their next steps.

**A – Agency and Awareness**


- Noticing what’s already helping.
- Inviting awareness of strategies, strengths, tiny signs of movement.
- “What did you do that helped you manage today?”*

**C – Compassion and Connection**

- Trauma thrives in isolation—healing happens in connection.
- Compassion is conveyed through presence, not pity.
- Co-regulation and belief are key.

**E – Exceptions and Evolution**

- Even in deep trauma, there are exceptions.
- Evolution isn’t about ‘getting better’—it’s about *becoming*.
- “What was different about that moment?”* opens doors to possibility.



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### PAPER ACTIVITY



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### CASE STUDY - A LOST STORY

Tara Gretton | Solution Focused Social Worker

AIM2 assessment of a 15-year-old boy accused of sexually abusing his younger sibling was enriched by a solution-focused and relational approach. Structured assessment explored key domains (developmental history, family context, motivation, etc.), while relational questions created space for the young person's story to emerge.

He shared feelings of loss and disconnection after the birth of his siblings, who had additional needs. This approach uncovered unmet emotional needs and helped build insight, accountability, and hope—illustrating the value of integrating risk assessment with compassionate, solution-based practice.



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### THE GOLDEN THREAD: FROM THE THERAPY ROOM INTO EVERYDAY LIFE

In solution-focused, relational work with young people, what happens in the therapy room is not meant to stay there. When it's held with care, belief, and consistency, it can become a golden thread—a thread that weaves through the corridors of school, into the classroom, and all the way home.

**Why It Matters:**  
For change to be meaningful and sustainable, it needs to be mirrored in the systems around the young person. Then we're no longer working in individual pathways—we're working in rhythm.



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### SOLUTION FOCUSED ASSUMPTIONS + SPACE = INCLUSION IN ACTION


The solution-focused approach begins from a place of deep respect:

- That people are the experts in their own lives
- That change is already happening
- That small steps matter
- That every conversation can reveal unique capabilities, resources, and what's working

These assumptions are inherently inclusive, because they:

- Avoid labelling or categorising
- Honour the person's own language, culture, pace, and worldview
- Focus on what's possible, rather than what's missing

Now, when these assumptions are expressed through your SPACE model—  
they become even more embodied and accessible.



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