Learning

Mentalisation & Reflective Functioning

Reflective functioning

A parent's ability to hold how the child is feeling in their mind.

Mentalisation

An activity that allows us to work out what others may be thinking.

Both processes are ways of being curious about the causes of behaviour in loved ones. When thinking about how a child may feel, they focus on the emotions and how these would change based on different experiences.



Somerset Safeguarding Children Parfnership

Pre-birth: Module 11(a) 2021