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A.3 Individual tables of resilience

Mac. Table of resilience after the life story interview

Area of resilience as a child	Area of resilience as an adult
Individual qualities	Individual qualities
<u>Protective factors</u>	<u>Protective factors</u>
Reading	Academic ability
Academic ability	Closing down shutting off
Closing down shutting off	Working out what people can cope with
Working out what people can cope with	Humour
Humour	Distant empathy
Distant empathy	A sense of injustice
A sense of injustice	Breaking down
Having a line that must not be crossed	Temperament
Temperament	Belief that things can get better
Belief that things can get better	Optimism
Optimism	Not remembering
Not remembering	Resourcefulness
Being bright	A permanent state of war
Resourcefulness	Surviving
A permanent state of war	Obsession and focus
Surviving	Confronting issues
Obsession and focus	Having boundaries
Confronting issues	Learning to feel emotions
Being a violent child	Becoming calm
Being articulate	Learning social skills
Under age sex	Acquiring cultural capital
Hypervigilance	Acquiring gears
Adaptability	Regulation
	Out of body experience
	Coming at things from the side

<p><u>Risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Being a violent child</p> <p>Under age sex</p> <p>Hypervigilance</p> <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Being a violent child</p> <p>Under age sex</p> <p>Hypervigilance</p>	<p>Constructing the story that you need</p> <p>Hypervigilance</p> <p><u>Risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Learning to feel emotions</p> <p>Hypervigilance</p> <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>A permanent state of war</p> <p>Obsession and focus</p> <p>Learning to feel emotions</p> <p>Hypervigilance</p>
<p>Family</p> <p><u>Protective factors</u></p> <p>Nan</p> <p>Sisters</p> <p>Brother</p>	<p>Family</p> <p><u>Protective factors</u></p> <p>Nan</p> <p>Sisters</p> <p>Brother</p>

<p>Mum</p> <p><u>Risk factors</u></p> <p>Dad</p> <p>Step mum</p> <p>Sisters</p> <p>Nan</p> <p>Brother</p> <p><u>Protective and risk factors</u></p> <p>Sisters</p> <p>Nan</p> <p>Brother</p>	<p>Mum</p> <p><u>Risk factors</u></p> <p>Dad</p> <p>Eldest sister</p> <p><u>Protective and risk factors</u></p> <p>Eldest and middle sisters</p>
<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Social Worker</p> <p>Foster Parents B and P</p> <p>Revolutionary politics</p> <p>Anti arms campaigners</p> <p>Friends</p> <p>Psychotherapist</p> <p>Having a social network</p> <p>Neighbours</p> <p>Women</p> <p>Teachers</p> <p>Assessment centre staff</p> <p>Care leavers</p>	<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Social Worker</p> <p>Foster Parents B and P</p> <p>Revolutionary politics</p> <p>Anti arms campaigners</p> <p>Friends</p> <p>Psychotherapist</p> <p>Having a social network</p> <p>Women</p> <p>Care leavers</p>

<p><u>Risk factors</u></p> <p>Women</p> <p>Brothers and sisters</p> <p>Friends</p> <p>Other social workers</p> <p>Residential care staff</p> <p><u>Protective and risk factors</u></p> <p>Women</p> <p>Brothers and sisters</p> <p>Other Social workers</p> <p>Residential care staff</p>	<p><u>Risk factors</u></p> <p>Women</p> <p>Eldest sister</p> <p><u>Protective and risk factors</u></p> <p>Women</p> <p>Eldest sister</p>
<p>Education</p> <p><u>Protective factors</u></p> <p>Primary School</p> <p>Boarding school</p> <p>Secondary School</p> <p>A levels</p> <p><u>Risk factors</u></p> <p>Boarding school</p> <p><u>Protective and risk factors</u></p> <p>Boarding school</p>	<p><u>Education</u></p> <p><u>Protective factors</u></p> <p>University</p> <p>Revolutionary politics</p> <p><u>Risk factors</u></p> <p><u>Protective and risk factors</u></p>
	<p><u>His homes</u></p> <p><u>Protective factors</u></p> <p>First flat he owned</p> <p>Current home</p>

	<p><u>Risk factors</u></p> <p>First flat he owned</p> <p>Current home</p> <p><u>Protective and risk factors</u></p> <p>First flat he owned</p> <p>Current home</p>
<p>Other externals</p> <p><u>Protective factors</u></p> <p>Little boosters</p> <p>The good guys</p> <p>The diamond</p>	<p>Other externals</p> <p><u>Protective factors</u></p> <p>Politics</p> <p>Work</p> <p>The good guys</p> <p><u>Risk factors</u></p> <p>Visiting the former neighbour</p>
<p>Statutory services</p> <p><u>Protective factors</u></p> <p>His local LA</p> <p>Schools</p> <p>Assessment centres</p> <p>Residential homes</p> <p>Foster placements</p> <p><u>Risk factors</u></p> <p>His local LA</p>	

Residential homes	
Foster placements	
<u>Protective and risk factors</u>	
His local LA	
Residential homes	
Foster placements	

Reggie. Table of resilience after the life story interview

Area of resilience as a child	Area of resilience as an adult
Individual qualities	Individual qualities
<u>Protective factors</u> Being a clever kid Confident Cheeky No feelings for mum Complacency Doing as he was told Able to follow the rules Living in a fog Making up stories about his dad	<u>Protective factors</u> Doing as he was told Following the rules Able to make friends Humour Selfishness Not looking at the baggage Keeping busy Sport Voluntary work Successful career Faith Meditation Music Having a positive side
<u>Risk factors</u> Low self esteem Cheeky at school in K No feelings for mum Rebelliousness when sent to mum Complacency Doing as he was told Able to follow the rules Living in a fog	<u>Risk factors</u> Guilt Being negative Complacency Low self –esteem Selfishness Not looking at the baggage Felt he was a poor parent Anxiety Sadness A cloud over him

<p><u>Protective and risk factors</u></p> <p>Cheeky</p> <p>No feelings for mum</p> <p>Complacency</p> <p>Doing as he was told</p> <p>Able to follow the rules</p> <p>Living in a fog</p>	<p>Lack of passion</p> <p>Lack of enthusiasm</p> <p>Regrets</p> <p><u>Protective and risk factors</u></p> <p>Keeping busy</p> <p>Selfishness</p> <p>Not looking at the baggage</p>
<p>Family</p> <p><u>Protective factors</u></p> <p>Uncle/Aunt/Cousins</p> <p>Good family values</p> <p>Self discipline</p> <p>Faith C of E</p> <p><u>Risk factors</u></p> <p>Being a secret to wider family</p> <p>Secrecy around his father</p> <p>Being sent back to live with Mum</p>	<p>Family</p> <p><u>Protective factors</u></p> <p>Wife</p> <p>In-laws</p> <p>Children and Grandchildren</p> <p>Cousins</p> <p><u>Risk factors</u></p>
	<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Small community</p> <p>Cancer doctor</p> <p><u>Risk factors</u></p>

<p>Education</p> <p><u>Protective factors</u></p> <p>Village School</p> <p>Teacher in W</p> <p>Grammar school W</p> <p><u>Risk factors</u></p> <p>Being put in wrong school year in K</p>	<p>Education</p> <p><u>Protective factors</u></p> <p>Nature</p> <p>Living in a small community</p> <p><u>Risk factors</u></p>
<p>Other externals</p> <p><u>Protective</u></p> <p>Being part of a small community</p> <p><u>Risk factors</u></p> <p>Secrets</p> <p>Multiple foster placements</p> <p>Stigma of illegitimacy</p> <p>No one talked about emotions</p> <p>The Blitz</p>	<p>Other externals</p> <p><u>Protective</u></p> <p><u>Risk factors</u></p> <p>Redundancy</p> <p>Near bankruptcy</p>

Irene. Table of resilience after the life story interview

Area of resilience as a child	Area of resilience as an adult
Individual qualities	Individual qualities
<u>Protective factors</u> Disassociating [sic] Maternal to little boys A sense of injustice – in homes, racism Hope Faith Not remembering Answering back Running away Conforming to leave secure Allowed to refuse to see parents Hyper alertness	<u>Protective factors</u> Hyper alertness Disassociating [sic] Humour Hope Faith Learning to feel emotions Becoming calm Regulation Sobriety Disbelief Container for others Mothering herself now
<u>Risk factors</u> Closing down shutting off Not remembering Answering back Running away Losing hope and faith Guilt Shame Not trusting Drugs Being groomed for sex work Hyper alertness	<u>Risk factors</u> Hyper alertness Disassociation [sic] Drugs Prostitution Closing down shutting off Not remembering Losing hope and faith Guilt Shame Disbelief Not trusting? Feeling poisonous and toxic

<p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Hyper alertness</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>Answering back</p> <p>Running away</p> <p>Drugs</p>	<p>Container for children's father and clients</p> <p><u>Protective and risk factors</u></p> <p>Closing down shutting off</p> <p>Hyper alertness</p> <p>Distant empathy</p> <p>Breaking down</p> <p>Not remembering</p> <p>Learning to feel emotions</p> <p>Disbelief</p>
<p>Family</p> <p><u>Protective factors</u></p> <p>Grandmother</p> <p><u>Risk factors</u></p> <p>Dad, violence/Head games</p> <p>Mum, violence/Lack of affection</p> <p>Uncle</p> <p>Baby that died</p> <p>Alcoholic granddad (paternal)</p> <p>Witch grandmother (paternal)</p> <p>Secrets</p> <p>Being immigrants</p> <p>Severe overcrowding</p> <p><u>Protective and risk factors</u></p>	<p>Family</p> <p><u>Protective factors</u></p> <p>Grandmother</p> <p>Children's father</p> <p><u>Risk factors</u></p> <p>Children's father when he broke down</p> <p><u>Protective and risk factors</u></p> <p>Children's father</p>

<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Domestic care workers</p> <p>Friends in care</p> <p><u>Risk factors</u></p> <p>Residential care staff</p> <p>Sexually abusive older girls</p> <p>Woman who groomed her</p> <p>Friends sexually abusive father</p> <p>Loss of friends in care</p>	<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Analysis</p> <p>Rehab counselors</p> <p>Sugar Daddy</p> <p>Recent partner</p> <p>Best friend</p> <p><u>Risk factors</u></p> <p>Sugar Daddy</p> <p>Man who raped her</p> <p>Death of recent partner</p> <p>Best friend</p> <p><u>Protective and risk factors</u></p> <p>Sugar Daddy</p> <p>Best friend</p>
<p>Education</p>	<p>Education</p> <p><u>Protective factors</u></p> <p>University getting an education</p> <p>Some supportive tutors</p> <p><u>Risk factors</u></p> <p>University not feeling safe/supported</p> <p>Having to disclose criminal records</p>
<p>Other externals</p>	<p>Other externals</p> <p><u>Protective factors</u></p> <p>Work</p> <p>Drug addiction work</p>

<p><u>Risk factors</u></p> <p>Stigma of Irishness, Being in care</p>	<p>First housing association flat</p> <p><u>Risk factors</u></p> <p>Heroin</p> <p>Crack</p> <p>Prostitution</p> <p>Crime</p> <p>Stigma of Care, drugs, crime, prostitution</p>
<p>Statutory services</p> <p><u>Protective factors</u></p> <p>local LA gave rights</p> <p>Residential homes</p> <p><u>Risk factors</u></p> <p>local LA</p> <p>Residential homes</p> <p>Secure unit</p> <p><u>Protective and risk factors</u></p> <p>local LA</p> <p>Residential homes</p>	

Joy. Table of resilience after the life story interview

Area of resilience as a child	Area of resilience as an adult
Individual qualities	Individual qualities
<p><u>Protective factors</u></p> <p>Being a good child</p> <p>Being bright/academically able</p> <p>Repressing problems</p> <p>Having high aspirations</p> <p>Unconscious knowing</p> <p>Being a survivor</p> <p>Keeping things secret</p> <p>Believing her childhood had been happy</p> <p>Feeling like an alien</p> <p>Autistic making sense of the world</p> <p>Caution</p> <p>Contradictions</p>	<p><u>Protective factors</u></p> <p>Being able to change the narrative</p> <p>Writing on adoption issues</p> <p>Taking care of herself in our interview</p> <p>Being content now</p> <p>Putting family first</p> <p>Making sense of things</p> <p>Not being a coward</p> <p>Exploring the non-verbal</p> <p>Exploring the embodied</p> <p>Optimism</p> <p>Self management</p> <p>Gaining a perspective</p> <p>Searching for birth parents</p> <p>Anger</p> <p>Feeling this stuff</p> <p>Trying to understand others</p> <p>Feeling entitled a sense of self</p> <p>A sense of own agency</p> <p>Trying to fill the void put a surface on it</p> <p>Recognising the contradictions</p> <p>Rejecting birth parents</p> <p>A sense of personal achievement</p> <p>Working things out through career</p> <p>Finding the information she needed</p> <p>Getting over attachment disorder</p> <p>Childhood made her interesting and complicated</p>

<p><u>Risk factors</u></p> <p>A wobbly childhood</p> <p>Sense of loss as a child</p> <p>Being a good child</p> <p>Repressing problems</p> <p>Anxiety</p> <p>Loneliness</p> <p>Terror of being sent back to kid's home</p> <p>Believing her childhood had been happy</p> <p>Absorbing the dominant racism</p> <p>Feeling like an alien</p> <p>Avoiding attachment</p> <p>Wishing she wasn't brown</p> <p>Contradictions</p> <p><u>Protective and risk factors</u></p> <p>Being a good child</p> <p>Repressing problems</p>	<p>A solid sense of self now</p> <p>Being able to grow up</p> <p>Sense of humour</p> <p>Caution</p> <p><u>Risk factors</u></p> <p>Lack of knowledge about birth parents</p> <p>Anxiety</p> <p>Getting sick</p> <p>Searching for birth parents</p> <p>Relationship difficulties</p> <p>Blaming herself</p>
<p>Family</p> <p><u>Protective factors</u></p> <p>Being breastfed by birth mum</p> <p>Continuity</p> <p>Adoptive parents aspirations</p>	<p>Family</p> <p><u>Protective factors</u></p> <p>Having children</p> <p>Becoming a grandmother</p> <p>Reconfiguring herself as someone who belongs</p>

<p>Adoptive parents functional</p> <p>Benign racism</p> <p>Social status of vicar father</p> <p>Siblings</p> <p>Eldest Sister</p> <p>Materially privileged</p> <p>Adoptive mother undemanding emotionally</p> <p>Good clear boundaries from Adoptive mum</p> <p>Adoptive mum treated them equally</p> <p><u>Risk factors</u></p> <p>Foster parent breakdown</p> <p>Adoptive parents ignoring trauma</p> <p>Adoptive parents assimilation policy</p> <p>Adoption family complexity</p> <p>Benign racism</p> <p>Siblings</p> <p>Looking racially different from family</p> <p>Transracial adoption</p> <p>Suppressing things</p> <p>Toxic</p> <p>Parents could not control racism</p> <p><u>Protective and risk factors</u></p> <p>Adoptive family</p> <p>Benign racism</p>	<p>Coming to a new position about mum</p> <p>Brothers</p> <p>Eldest sister</p> <p>Current partner</p> <p><u>Risk factors</u></p> <p>Having her first son</p> <p>Son's father having similar trauma</p> <p><u>Protective and risk factors</u></p>
<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Attached to Matron and the home</p>	<p>People outside the family</p> <p><u>Protective factors</u></p> <p>Friends</p>

<p>Good role models</p> <p><u>Risk factors</u></p> <p>Racists</p>	<p>Therapy</p> <p>Knowing kids in care now are worse off</p> <p>Moving to a multicultural environment</p> <p><u>Risk factors</u></p>
<p>Education</p> <p><u>Protective factors</u></p> <p>Doing well at school</p> <p>University</p> <p><u>Risk factors</u></p> <p>Doing well at school = suppressing issues</p>	<p>Education</p> <p><u>Protective factors</u></p> <p><u>Risk factors</u></p>
<p>Other externals</p> <p><u>Protective</u></p> <p>Sense of belonging to children's home</p> <p><u>Risk factors</u></p> <p>Racism</p> <p>Being in a home</p>	<p>Other externals</p> <p><u>Protective</u></p> <p>Art work</p> <p>Time</p> <p>Bowlby/Psychology</p> <p>Exploring nature/nurture</p> <p>Marxism</p> <p>Working on adoption issues</p>