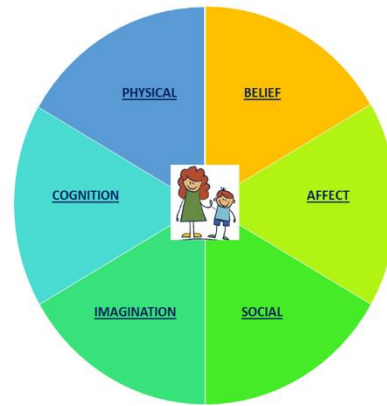


The BASIC Ph Model of Coping and Resiliency (Lahad and Ayalon)



BASIC Ph is a model of coping which supports people to reconnect with the world after a significant challenging event. It recognises how we cope already – we have all got this far! And supports us to cope better, helping to identifying our dominate coping style and prompting us to extend our coping behaviour. No one coping style is better than others, but research suggests that the more coping channels that are activated the more successful the coping process.

Belief	This is when a child turns to their belief system as a means of coping; they are relying on their core values. This maybe their faith or their core beliefs about the world. Parents and adults can reinforce this coping strategy by reaching out their faith community and providing opportunities for their children to spend time with others who share their beliefs.
Affect	Feelings or emotions. Children who utilise their affect are relying upon the ability to express through emotions. These students will require opportunities to share anxieties, fears, anger, sorrow, and grief, and have those emotions validated by the adults in their life. Adults can foster children’s emotional development by modelling open and genuine expression of feelings. It is important to emphasise that someone is always available to help them.
Social	Children who cope with adversity through social channels typically seek support and control through the structure of their friendships. The roles and responsibilities that are assigned to children within a social context such as the classroom or their family can increase connections and decrease isolation. This can also restore emotional security and strengthen the child’s sense of well-being. Extracurricular activities are encouraged during this time.
Imagination	Children frequently turn to their creativity as a means of coping with trauma. Adults should provide opportunities for children to express their thoughts and feelings creatively by supplying materials, resources, environment, and encouragement necessary to encourage their expression. This is the time for art projects, essays, drama activities, and music.
Cognitive	Children with a cognition-based coping style (typically, your older children) utilise a problem-solving, direct approach to dealing with issues of concern. These students will benefit from age-appropriate honest dialogue regarding the events. These children will likely be open to suggested strategies for addressing problems, anxieties, and fears.
Physiological	Physical activity provides coping fulfilment for many children. Children cannot deal with intense issues on a continual basis and

	some diversions need to be put in place. Physical activity has a dual benefit of permitting informal processing of and allowing necessary buffer time in a non-threatening format. Opportunities for formal and informal physical activities should be abundant.
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Activity: What is in your Coping Case?

We all have coping behaviours. What would you pack in your coping case so you could have the things that help you at a time of challenge? Which aspects of the BASIC Ph do your favoured coping behaviours engage? Can you add something to your case to broaden your coping?



What's in your coping case?

- Cup of tea
- Trainers
- Good book
- Music
- Phone for calling a friend

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