

**Noticing What Goes On:
An insight into children's internal worlds and attuned pedagogy**

This presentation draws on the Tavistock Method of Observation.

This method of observation was originally developed by Esther Bick as a training tool for students training in child psychotherapy at the Tavistock Clinic, in London. It was subsequently extended to the training of psychoanalysts and continues to be used in clinical training today. Clinical students are encouraged to pay 'free floating' attention during the observation. They are instructed not to use technological equipment and to avoid judgment, interpretation, or premature attempts at finding explanations for what they see, hear and feel. After each observation, students write a detailed record of whatever they observed, and these written observations are presented in a seminar group led by an experienced psychotherapist. This gives the students an opportunity to process their feelings as it is assumed they will have had "an encounter with primitive anxieties" (M.E.Rustin, 1988). Clinical students undertake these observations for an hour each week over a two year period in a child's home environment.

Within a collaboration with the Northern School of Psychotherapy practitioners at Pen Green have had the opportunity to undertake training utilising this observation method, and our practice has developed as a result of this.