

september 
konferansen

Traumer og læring

5. - 6. september 2019 / Radisson Blu Royal Hotel, Bergen



”Prisen for beste birolle”

Anne Kristine Bergem, Psykiater og førstelektor OsloMet





Foto: Lisa H on Unsplash

annekris@oslomet.no



Foto: Alex Hockett on Unplash

annek @oslomet.no



Foto: The Honest Company on Unsplash

annekris@oslomet.no



Foto: Kelly Sikkema on Unsplash

annekris@oslomet.no

A photograph of a man with a beard and a backward cap smiling and hugging a young girl in a field. The man is wearing a black t-shirt and has a tattoo on his chest. The girl is also smiling and looking down. The background is a blurred field with a fence and trees under a bright sky. A large white circle is overlaid on the right side of the image, containing the text.

Barn trenger trygghet

annekris@oslomet.no

Foto: Caroline Hernandez on Unsplash

A photograph of two children playing in a stream. The child on the left is wearing a blue and white patterned shirt, black shorts, and a blue baseball cap. The child on the right is wearing a red and white patterned shirt and a grey cap. They are both crouching on a stone ledge, reaching into the water. The background is a blurred green landscape. A semi-transparent circular graphic is overlaid on the right side of the image.

Barn trenger lek



Foto: Jordan Whitt on Unsplash



Foto: Priscilla Du Preez

Balanse

Hva kan skje ved sykdom i familien?



Foto: Sydnes Sims on Unsplash

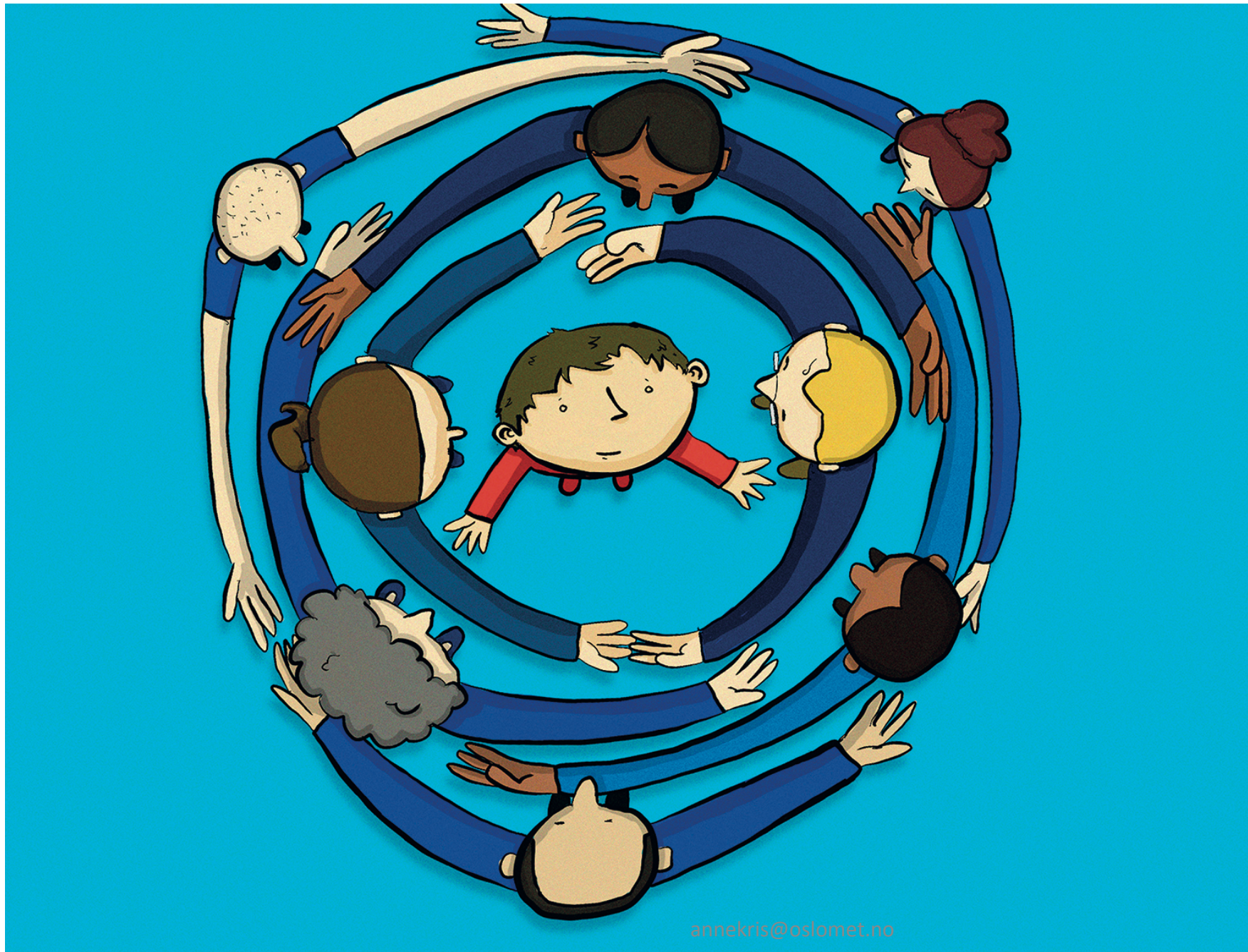


Foto: Thom Masat on Unsplash

- Foreldre får redusert evne
- Foreldre får redusert kapasitet

Foto: Annie Spratt on Unsplash

- For lite kontakt
- For mye ansvar
- For lite informasjon
- Ensomhet



Illustrasjon:
Ståle Gerhardsen
Fra "Når barn er pårørende"
Gyldendal, 2018


To tanker i hodet på én gang



Familien



Barnet




«It takes a
village to
raise a
child»



Foto: Ricardo Moura

annekris@oslomet.no



Noe av det viktigste vi mennesker må kunne,
det er å regulere følelsene våre =