

Season 3

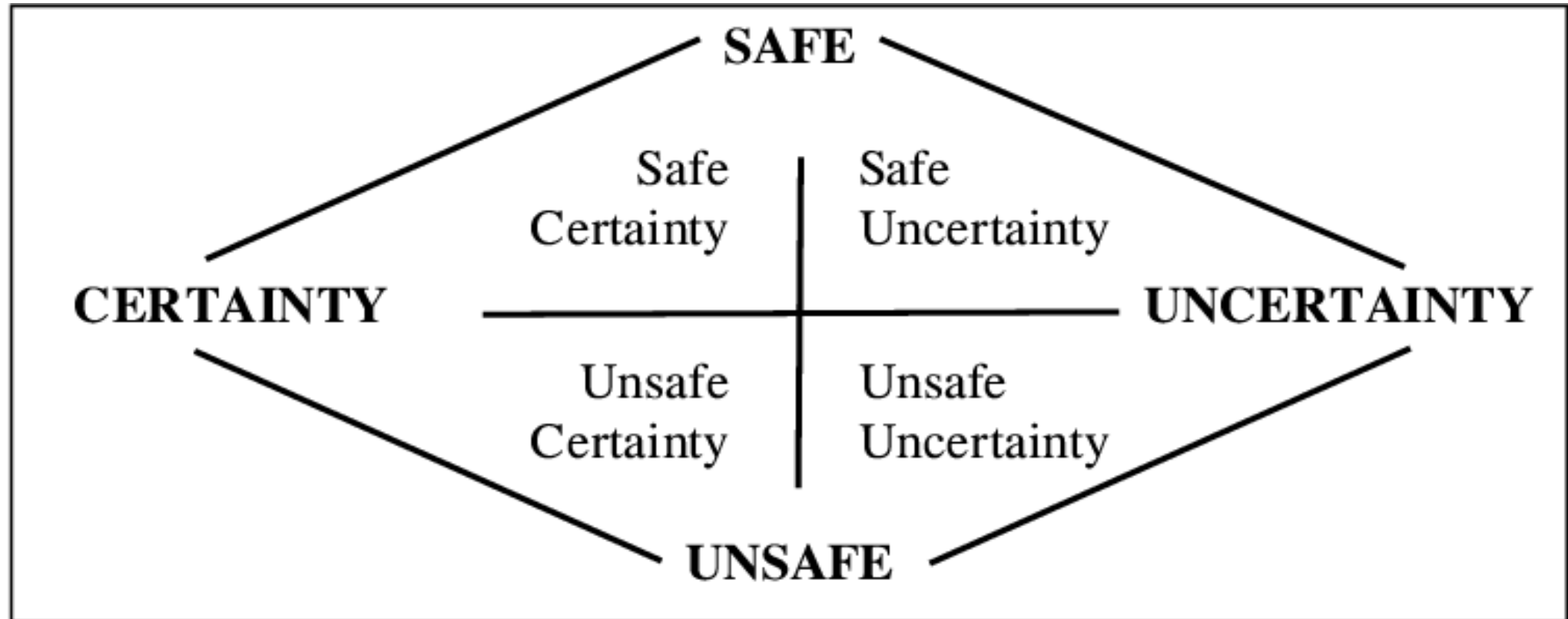
**Social Work
Coffee Breaks**

Session 2

Safe uncertainty: How can we consider social worker anxiety, and continue to practice systemically in uncertain situations?

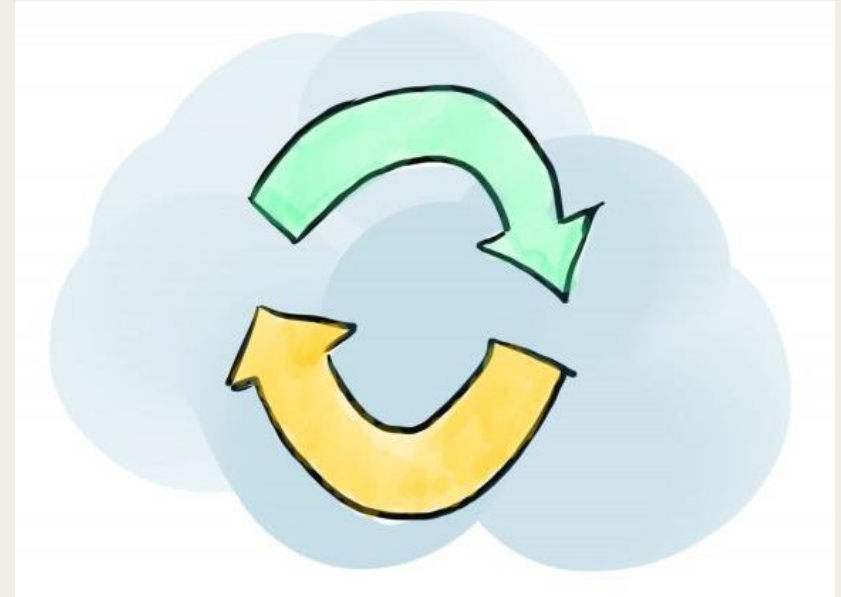
Dean Stamp

Safe Uncertainty



Uncertainty and Anxiety

Change = a commitment to
Experiment with (small) difference
+ Action + Repetition + Time.



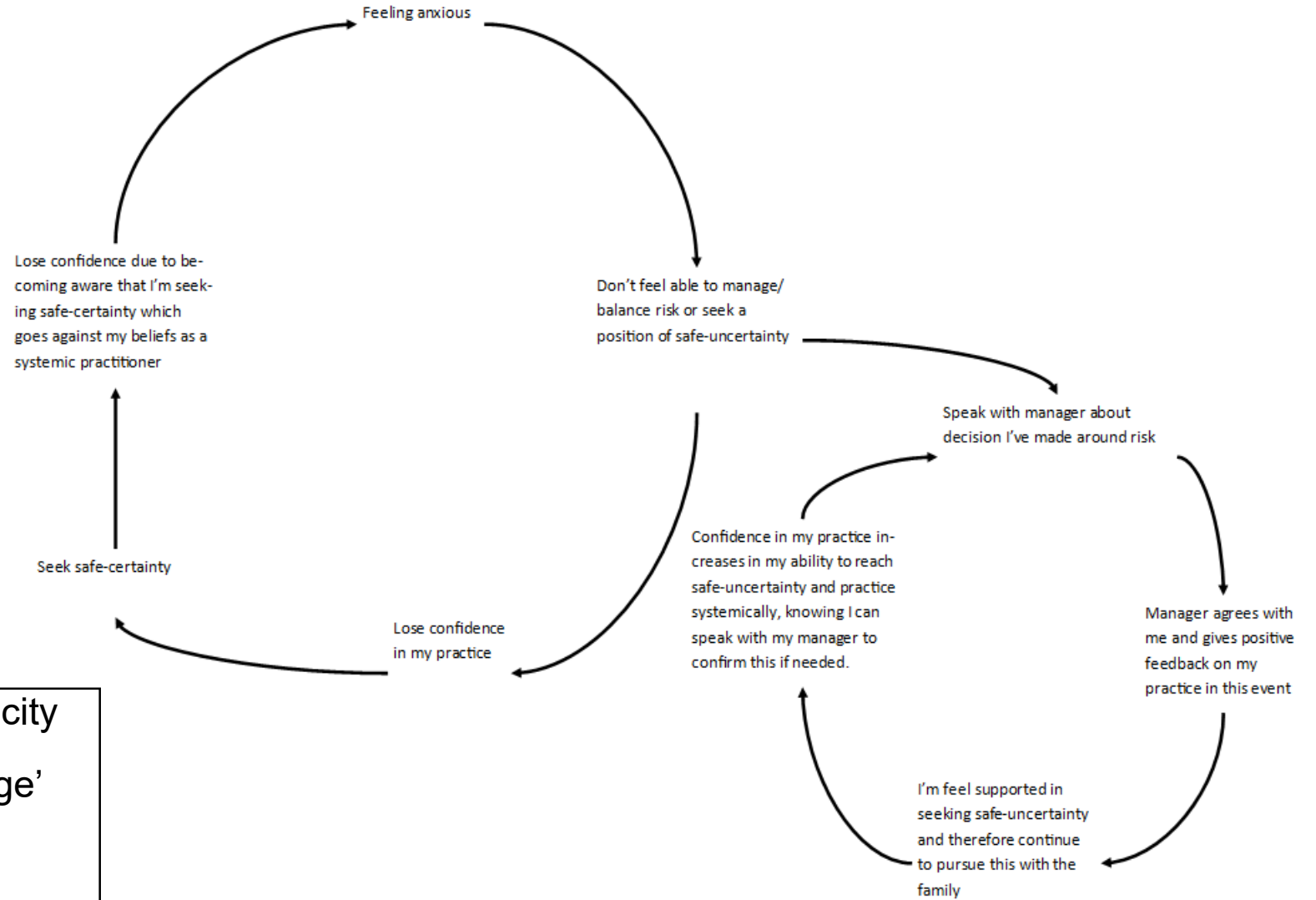
Safer Uncertainty

- McKinney (2020) 'Towards Safe(r) Uncertainty: Support for Managers' *Journal of Transformative Systemic Practice Writing Project*, <https://systemicflux.com/2020/05/29/towards-safer-uncertainty-support-for-managers/>
- [Murmurations: Journal of Transformative Systemic Practice – Poetry For Now! \(systemicflux.com\)](#)



WRONG
WAY

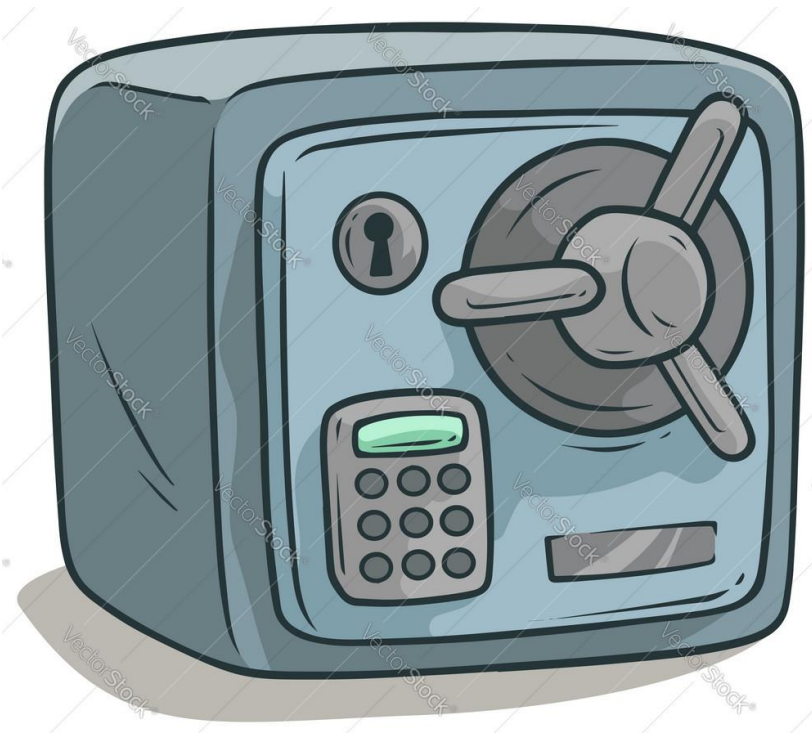
Achieving Safe Uncertainty



Epistemic Trust-‘trust in the authenticity and personal relevance of interpersonally transmitted knowledge’ (Fonaghy and Campbell 2017:286)

Autonomy (Munro 2011)

Feeling Safe with Uncertainty



References

- Fonagy, P. and Campbell, C., 2017. Mentalizing, attachment and epistemic trust: how psychotherapy can promote resilience. *Psychiatria Hungarica*, 32, 283-287.
- Mason, B. (2019) 'Re-visiting safe uncertainty: six perspectives for clinical practice and the assessment of risk', *Journal of Family Therapy*, 3, 343-356.
- Mason, B. (1993) 'Towards positions of safe uncertainty' *Human Systems*, 4, 189–200.
- McKinney (2020) 'Towards Safe(r) Uncertainty: Support for Managers' *Journal of Transformative Systemic Practice Writing Project*, <https://systemicflux.com/2020/05/29/towards-safer-uncertainty-support-for-managers/>
- Munro, E., 2011. *The Munro review of child protection: final report, a child-centred system* (Vol. 8062) The Stationery Office.