**Like driving a car**

The concept that’s the equivalent of driving a car, is building a therapeutic relationship. Someone who has been in the field for years can see the overall process as one, when it is made of many individual parts.

The first step is knowing yourself, and knowing your strengths, how to use them, and recognizing areas of improvement. The next step is knowing how to connect with children, youth and families, and how to quickly build trust. We don’t always know how long we’ll be working with someone, so this has to happen fairly quickly. The faster that happens, the faster the work can begin.