

Caregiver Engagement and Involvement in TF- CBT

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 - Dorsey, Cox, Conover, & Berliner, 2011
- Mary McKay
 - McKay, McCadam, & Gonzalez, 1996
 - McKay, Nudelman, & McCadam, 1996

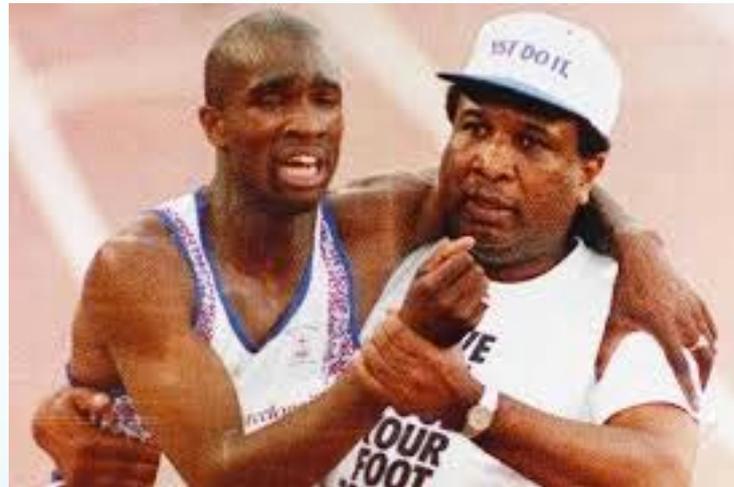
Learning Objectives

Participants will:

- identify common barriers to caregiver engagement in TF-CBT
- describe strategies for effective caregiver engagement in TF-CBT
- identify caregiver interventions for each of the PRACTICE components

The Why

Why is caregiver engagement so important in TF-CBT?



Barriers to Caregiver Engagement in TF-CBT

- Stigma of abuse
- Children are avoidant
- Parents are avoidant
- Cultural and racial issues
- Families are overwhelmed
- Lack of stability and support
- Systems issues (foster care, court)



Strategies for Engaging Caregivers

- Initial focus on caregivers is essential
- Assess and understand caregivers' needs
- Provide support and validation
- Explain rationale for including caregiver in treatment
 - Part of the solution, not part of the problem
 - Caregivers' power to influence recovery of child and improve child behavior
- Enhance motivation
 - Aligning around common goals
 - Instilling hope
 - Teaching effective strategies for prompt symptom relief

Empirically Supported Engagement Strategies

- Telephone engagement intervention
 - Clarify the need for mental health care
 - Increase caregiver investment and efficacy
 - Identify attitudes about previous experiences with mental health care and institutions
 - **PROBLEM SOLVE** around concrete obstacles to care
 - Appointment logistics: what to expect
 - Parent prepares list: strengths, goals, and concern
 - Preparing parent to talk to child about the appointment

(McKay, McCadam, & Gonzalez, 1996)

First Interview Engagement Strategies

- Purposes
 - To understand why a child and family want help from provider
 - To engage the child and family in a helping process, if appropriate
 - Start building therapeutic alliance
 - Begin psychoeducation and orientation to treatment
 - **Provide a resource** to caregiver based on need identified during phone interview – to make them feel heard and provide some immediate help

(McKay, Nudelman, & McCadam, 1996)

Elements of Engagement Process

- Clarify the helping process for the client
- Develop the foundation for a **collaborative** working relationship
- Focus on immediate, practical concerns
- Identify and problem-solve around barriers to help seeking.

(McKay, Nudelman, & McCadam, 1996)

Case Example: Tony

Tony is a Mexican-American father of two children, Raquel (age 10) and Luis (age 7). Tony recently gained custody of his children after they were removed from their mother due to neglect and sexual abuse by mom's boyfriend. Tony is in recovery and was absent from the children's lives for the past several years due to his drug addiction.

Engagement throughout Treatment

- What do you do to keep caregivers engaged?
- How often do you check in with caregivers as to how it is going?
- How often do you re-assess symptoms or evaluate progress?
- What contributes to families dropping out of treatment?
- What can we do to prevent this or re-engage them?

Interventions for Caregivers: Psychoeducation

- Provide psychoeducation on trauma and its impact on child and caregiver
- Resources:
 - National Child Traumatic Stress Network
 - Resources for Parents and Caregivers:
<http://www.nctsn.org/resources/audiences/parents-caregivers>
 - UKY Center on Trauma and Children Video: Why Experiences Matter _ Trauma 101 for Caregivers <https://youtu.be/qWPAT-G6r08>
 - When to Seek Help if Your Child has Experienced a Traumatic Event - <https://youtu.be/yPvTBnEIR5E>

Interventions Caregivers: Parenting Skills

- Focus on validating the caregiver and his/her efforts to address problems
- Functional Behavioral Analysis
 - Include caregiver's thoughts, feelings, and reactions
 - Teach, coach, and model concrete skills to manage child's behaviors
- Teach trauma-informed parenting strategies:
 - Praise
 - Selective Attention
 - Time Out/Time In
 - Contingency Reinforcement
 - Removal of Privileges
- Resources:
 - NCTSN: *Caring for Children Who Have Experienced Trauma: A Workshop for Resource Parents*
 - *Off-Road Parenting*
- Focus on parenting skills throughout treatment

Parenting Skills with Tony

- Tony complains that Raquel is defiant and disrespectful toward him. She refuses to do her homework and chores and talks back to him.
- Practice using Functional Behavior Analysis to assess the problem.
- What parenting skills would you recommend for Tony?

Strategies for Engaging Caregivers: Relaxation

- What does caregiver do to relax?
 - Evaluate efficacy and appropriateness to various situations
- Teach new skills for caregiver's toolbox
- Caregiver can experience stress relief and model adaptive coping for child
- Caregiver can better support child in practicing relaxation skills
- Resources: Apps (Relax and Sleep Well, MindShift, Take a Break! Guided Meditations for Stress Relief, BellyBio Interactive Breathing, Relax Melodies, Take a Chill), You Tube, self-care plans

Strategies for Engaging Caregivers: Affective Expression and Modulation

- Parallel process: caregivers who feel more supported will be better able to support their children
- Teach parent skills for managing intense emotions in child
- Balancing act: provide opportunities for processing their own feelings without losing focus on child
- Practicing grounding and mindfulness skills
- Assign self-care practice and check in frequently
- Conjoint sessions to practice sharing feelings between caregiver and child

Strategies for Engaging Caregivers: Cognitive Coping and Processing

- Teaching cognitive triangle and common distortions
- Using relevant examples
- Normalize and use humor (e.g., [Sad Cat Diaries](#))
- Identify and process caregiver distortions related to parenting and the child's trauma

Strategies for Engaging Caregivers: Trauma Narrative Development and Processing

- Assessing caregiver readiness/appropriateness
- Sharing TN as it is being developed by child: gradual exposure for caregiver
- Processing caregiver's emotional reactions to TN
 - May include trauma triggers for caregiver
 - Continue to challenge caregiver distortions
- Preparing caregiver for conjoint sessions
- Enlisting caregiver support to challenge child's trauma-related distortions
- Optional empathy/apology letter

Case Example: Matthew

Matthew is a married Caucasian father of two children. His 13-year-old daughter, Nathalie, recently disclosed being sexually abused by a maternal uncle. Matthew has his own history of being sexually assaulted while in juvenile detention as a teenager. He has participated in his own therapy, but the abuse of his daughter is triggering past issues for him. Matthew and his wife have been involved in their daughter's therapy, but he has not been showing up to sessions since Nathalie started her trauma narrative.

Strategies for Engaging Caregivers: In Vivo Mastery of Trauma Reminders

- Help caregiver identify trauma reminders
- Create coping plans for each reminder
- Engaging caregiver and child in developing and implementing desensitization plan
- Provide support and explore other supports for caregiver
- Focus on long-term goals: recovery, resilience, adaptive functioning

Strategies for Engaging Caregivers: Conjoint Child-Parent Sessions

- Ensure that caregiver understands why this is so important
- Evaluating caregiver readiness
- Addressing challenges
- Role plays, audio recording
- Supports for caregiver
- Other options for conjoint sessions

Strategies for Engaging Caregivers: Enhancing Future Safety and Development

- Addressing caregiver's safety concerns
- Caregiver's role in safety planning
- Conjoint sessions
- Explore sources of ongoing support for family
- Predict, Prepare, and Plan
- Process caregiver's feelings about ending treatment

Questions



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