



Building Hope and Positive Expectations of Foster and Biological Parents

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Brief Poll: You have a single parent and a child who has just begun PCIT. They are your "typical" client.

- What percentage chance do you give them of completing treatment?

Story #1: "This is a waste of time."



Three types of expectations that can have an impact on treatment

- Client's expectation for treatment
- Therapist's expectation for the client
- Therapist's expectation for themselves

Any of these expectations can result in a self-fulfilling prophecy.



Expectations have a great impact on learning.

- Which has a greater impact on change, positive expectations or negative expectations?



PCIT Therapists should actively work to shape positive expectations for their clients.

Story #2: Am I really that manipulative?



Assess the client's expectations of treatment



Foot in the Door technique

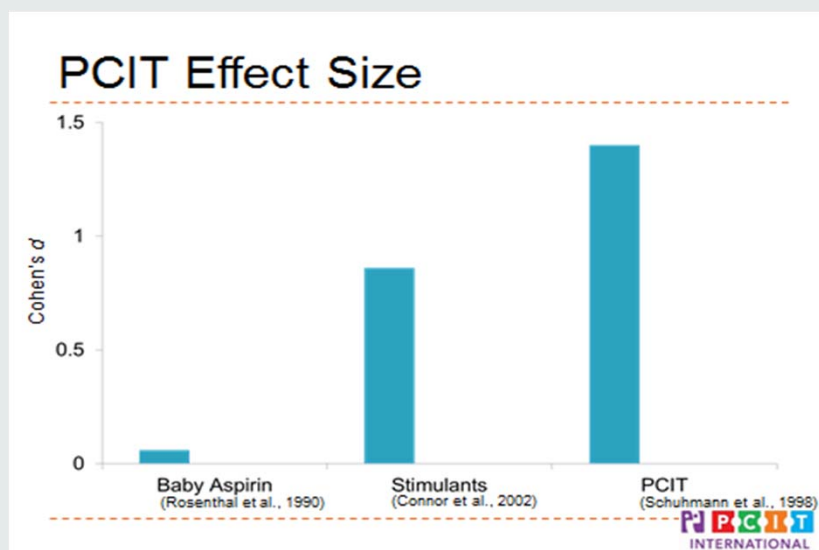


Impacting the client's expectation of therapy

- Beginning treatment
 - Organized
 - Confident
 - Fast
- Impact of Motivational Intervention



Communicate Effect Size



Good treatment integrity can also build client's expectations.

- CDI Summary Chart
- PDI Summary Chart
- Assessment Graphs

Don't forget your inoculations.

- Note difficulties with ignoring.
- Note the "PDI bump."
- Note the longer time it takes for behavior to generalize to schools.
- How weird it is to be coached.



Foster parents

- Challenge the “drop off” culture.
- Create expectations for future usefulness.
- Find an advocate.
- Offer training credit!
- Use foster parent education seminars to create PCIT culture.
- Have your story ready.

<http://www.buzzfeed.com/summeranne/interspecies-friendships-of-the-year#3biabr>



Story #3

There are no cute pictures for this story.

Biological parents

- Separate yourself from the child protective system.
- Parallel Process
- Remember your role.
 - You are not the investigator.
 - You are not even Good Cop.
 - You are the therapist.
- Assess for parental trauma
- See yourself as a chain breaker.



Be Counter-cultural



- Our American culture conditions is to expect failure, especially "in the system."
 - Cynical
 - Sarcastic
 - Cool
- Expect your clients to succeed.
 - Enthusiastic
 - Authentic
 - Un-cool



Therapist
expectations
of
themselves
are also
powerful.

A little bit of grandiosity never
hurt anyone.