

Developing strong therapeutic alliance with caregivers of maltreated children

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Heart warming story

Metaphor #1

Not so heart warming story

Metaphor #2



Developing therapeutic alliance with caregivers of maltreated children can be challenging.

- Therapists often seen as part of the child protective system.
 - Suspicion
 - Hostility
- Communication difficulties
- Attendance problems
- Stereotypes and prejudice
- Likability factor
 - Three clinical examples

Importance of parallel process

- Ruthlessly use PRIDE skills with parents of maltreated children.
 - The PRIDE skills help shape how you see the parent.
 - The PRIDE skills helps shape how the parent sees themselves.
- Give labeled praise not only for PRIDE or PDI skills but any positive process.
 - Affection
 - Concern
 - Structure
 - Child's enjoyment of CDI
 - Calm

See yourself as a chain breaker

- Viewing maltreatment as a cycle can aid you in gaining empathy with the perpetrator.



Use the summary sheets to encourage

- Always start and end with labeled praise.
- Praise effort.
 - Especially homework



Use graduation as a defining event.



Practice authenticity

- PCIT helps create authenticity because of its emphasis on observable facts.

Expect success

- It is easy to quickly develop a negative prognosis for your caregiver.
 - Protects us from feelings of failure.
 - Protects us from rejection.
- Expecting success is a discipline that can create higher completion and success rates.



Foster parent specific issues

- Expert identity.
- Extremely busy schedules.
- Role conflict.
- PCIT does not follow the script.
- Counseling history

Developing therapeutic alliance with foster parents

- Acknowledge their expertise.
- Acknowledge transportation difficulties and challenge.
- “Sell” PCIT as not only a treatment for one child but for all the children they will encounter.
- Offer credit for training hours

Learn from each other

1.

2.

3.

4.

5.

Self-care

A well rested therapist who has played, exercised, and enjoyed themselves in the last week will be more likely to form a good alliance with their clients.