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.