Creative Counseling Connections

aims to provide comprehensive services to parents of "children from hard places" with the goal of healing through **connected relationships and family therapy**. What is the goal? Look past surface behaviors and get to the root of the problem.

Although your child has perhaps never experienced trauma or abuse to your knowledge or is not adopted, research has shown that the most effective and efficient way to help children with complex relational and behavioral issues is not through the use of traditional parenting methods. Research also shows that parents are the crucial piece in therapeutic processes not just in the office, but also at home. This means that time is taken to teach parents how to use NON-TRADTIONAL PARENTING STRATEGIES and also helping parents work on any personal issues that may block them from being able to do so.

Before confirming your first session date and time, please review the below program details and watch the following Trust-Based Relational (TBRI) Intro video "Putting the Pieces Together:" <https://www.youtube.com/watch?v=T43zJDgTNPA>. It is a theoretical review of the clinical techniques we use. Please sign the below statement of understanding and bring to the first session.

|  |  |
| --- | --- |
| [https://www.bing.com/th?id=OVP.ji34Duvnw1SAkr-WNYPxuwEsCo&pid=Api](https://www.youtube.com/watch?v=T43zJDgTNPA" \t "_blank) | [TBRI® An Overview: Putting the Pieces Together](https://www.youtube.com/watch?v=T43zJDgTNPA)www.youtube.comThis short video explains the principles and concepts behind Trust-Based Relational Intervention®, a proven method for enriching the lives of at-risk, vulnerable ... |

Typical Session Protocol (Sara Rodriguez, LCSW-C)

Therapy sessions will begin with directive play therapy: a check-in, review of “homework” assignments from the previous week, and an activity to learn and practice 1-2 coping or communication strategies.

Therapist will then guide parent & child in theraplay activities to foster attachment according to the child’s particular emotional & behavioral needs.

The session will then transition to individual work with the child while the parent waits in the waiting room or receives support/training from another staff member.

As indicated above, parents will be provided psycho-educational and parenting support from staff members in a team approach (family therapist + additional staff member). The curriculum has been developed by Sara Rodriguez, LCSW-C.

Topics and questions addressed are as follows:

What is play therapy? I’m not a playful person; is there a play style that fits my personality?

How can I use play therapy at home with my child, to speed progress?

How does my upbringing and personal experiences impact my relationship with my child?

What is Theraplay and how can it help my child?

How can I help my child with his/her feelings? Does empathy worsen outbursts by placating?

What is TBRI and how can I implement it at home?

**Using a checkmark, please indicate in which way you would like to receive parent support (both parents must attend all sessions):**

1. Phone consultation: We will schedule a series of 3-5 weekly phone sessions with assigned support staff, with additional articles or videos provided via email between sessions. \_\_\_\_\_\_
2. Simultaneous session: We would like to meet weekly with the assigned support staff while my child meets alone with his/her therapist. Additional articles or videos will be provided between sessions. \_\_\_\_\_\_
3. In-home intensive: We would like the assigned support staff member to visit our home for a one-time intensive, receiving support in implementing TBRI, daily structure and correcting strategies at home (3-4 hours). Additional articles or videos will be provided between sessions. \_\_\_\_\_\_
4. Personal therapist for parent: We would like to have a therapist assigned to us for separate, full sessions to work on our own triggers, traumas or unresolved childhood experiences. Additional articles or videos will be provided between sessions. \_\_\_\_\_\_

Graduate level intern rates, 2020: $55 per session (phone/office); $65 per hour for in-home support

Licensed therapist rates, 2019: $135 per session (can be split into 30 min session)

Therapist’s duties:

* Expose parents to resources regarding best practices when working with “children from hard places”
* Engage parent and child in attachment-building exercises
* Teach parent and child how to identify feelings and practice creative coping strategies to increase emotional regulation
* Engage child in play or art therapy to address trauma or other clinical issues

Therapists are not child “fixers,” nor can we control your child’s behavior. Dropping your child off at our door to talk will not be sufficient nor effective. We rely heavily on parents as a crucial part of the therapeutic process both in sessions and at home. Your child needs you and so do we.

\_\_\_\_\_\_\_\_\_\_(initial) \_\_\_\_\_\_\_\_\_\_(initial)

Your duties:

* In the beginning of treatment, bring your child into the office weekly.
* Be committed to the long-haul of therapy. Six months of treatment is considered the beginning of treatment if there are complex issues with which to work.
* In between regularly schedule parent sessions, request additional support if any dramatic increase in concerning behaviors occur.
* We know you have a very tough job as parent. Do not just verbally agree that self-care is important; do it! Seek trusted friends, spiritual mentors, alone time and hobbies- whatever you find helpful and enjoyable.
* I agree to: follow through on homework assignments either for myself or my child, bridging the gap between therapy & “real life” \_\_\_\_\_\_\_\_\_\_(initial) \_\_\_\_\_\_\_\_\_\_(initial)
* I agree to remain open and humble enough to seek my own counseling if personal issues arise that affect my ability to parent in a calm, connected way. Some parents find this piece the most difficult, because they expected to only work on their child’s issues in family therapy, not their own. Common examples: difficulty tolerating a child's anger/distress and responding by screaming or calm but cutting comments that shame or dismiss; panic attacks in response your child's behavior; increase in controlling behaviors to manage child; unresolved traumas or abuse from your own childhood; marital issues, etc. I understand that if Creative Counseling asks me to address a personal growth area and I choose not to follow through, I will be asked to seek other therapeutic options outside of Creative Counseling Connections. \_\_\_\_\_\_\_\_\_\_(initial) \_\_\_\_\_\_\_\_\_\_(initial)

Safety as Priority:

If any child neglect or emotional, physical abuse or sexual abuse is reported to this private practice or any members of this organization, we are mandated by law to report to D.H.H.S. Child Welfare Services, whether or not we can confirm that abuse has truly occurred. \_\_\_\_\_\_\_\_\_\_\_\_\_(initial) \_\_\_\_\_\_\_\_\_\_(initial)

Parenting a “child from hard places” 24/7 can be exasperating, exhausting and trigger strong feelings. If a parent is upset by their child's behavior, we can certainly be a place where you can vent. However, if disrespectful, aggressive, demeaning or foul language is directed towards any employee at Creative Counseling Connections, parents will first be cued to discontinue. If the behavior continues, the session will end with no refunds provided. If parents find that they cannot implement non-traditional parenting strategies, it may become too stressful to continue working with each other. \_\_\_\_\_\_\_\_\_\_(initial) \_\_\_\_\_\_\_\_\_\_(initial)

Insurance clients: In the child-parent program, I understand that two services are provided at each visit. This means that two copays (one for parent attachment/psycho-education work and one for individual and family work with the child) will be required if you plan on using your insurance. Discounts will be considered if copays are $50 or more a session. \_\_\_\_\_\_(initial) \_\_\_\_\_\_\_(initial) \_\_\_ n/a

Parent Signature(s):

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_