

BARBARA BRAUN-McDONALD, RNCS, LMHC

ATTACHMENT THERAPY TREATMENT PROTOCOL 2007

PHILOSOPHY

In my practice, I focus on the specialized psychological needs of children, adolescents and their families.

Each family, be it biological, adoptive, step or kinship, is recognized as a unique unit with its own specialized dynamics. Each child and adolescent is seen as a unique individual whose behavior has a purpose. The developmental needs of each stage of life are acknowledged as vital building blocks towards a happy, healthy adulthood.

In keeping with this philosophy, our primary goal is to provide a safe, nurturing atmosphere for our clients. Through consultation, counseling, attachment and play therapy we address issues pertinent to children, adolescents, their families and their educators. We act to encourage healthy attachment, personal growth and happiness and to aid in adjustments to changing life patterns.

INTAKE/ADMISSION

We accept professional and personal referrals

Set up appointment within two weeks

Two hour intake interview with parents

One to two hour assessment of child

Review of prior assessments

Intake materials consist of Patient Information Form, Informed Consent, Patient's Rights, and Information on Attachment Disorder where appropriate

See Assessment Tools below

If there is any conflict of interest, or the assessment indicates an issue which I do not feel comfortable with, I will refer clients to the appropriate therapist or agency in our community network

ASSESSMENT

Parent and Child Intake Interviews include:

History of Treatment

Psychological History

Educational History

Medical History

Attachment and Social history

Developmental History including Prenatal and Birth History

Family Functioning

Intellectual and Cognitive Deficits

History of Attachment Breaks/Disruptions
Child and Family Portraits
Play assessment
Observation of family Interaction
Review of Evaluations from other Agencies, Schools, etc.
Assessment tools may include:
Attachment Checklist (Levy and Orlans)
Randolf Attachment Disorder Questionnaire
CBCL
Beck's Depression Checklist

TREATMENT PLANNING

I practice consensual treatment planning, Considering the information obtained from the assessment, the projected diagnosis, and the ability of the family and child, we develop a plan of approach.

1-3 primary measurable goals are selected

The therapist chooses the appropriate treatment approach for each goal and develops a written plan with the family

A written plan is presented to be approved and signed by all

Any contracting is made up to fit the particular goal for the child. It may be verbal or written, depending on the issue and the child

TREATMENT TECHNIQUES

See attached checklist

SAFETY/RISK MANAGEMENT

Safety is assured in therapy in the following way:

The first philosophy is "Do no Harm"

Therapist monitors all participants' psychological and physical safety at all times, adjusting or terminating interventions as needed.

Parents are present in the room during all sessions

Coercive Holding is Never used

Cradling by the parent is always nurturing with appropriate touch used for therapeutic purposes

Restraint is not allowed except to keep a child safe. Such restraint is done in a safety-approved manner, never interfering with basic life functions

911 is called if a child cannot be soothed and helped to de-escalate should rage occur

Shaming, degrading interaction or humiliating of a child is NEVER allowed

Peer review is ongoing
Phone Supervision is available from Mike Orlans when necessary
There are multiple exits and a handicapped ramp
Incident reports are kept on file
Office is equipped with fire extinguisher and first aid

EVALUATION/OUTCOME/FOLLOW UP

Client Satisfaction Surveys are available on an ongoing basis, presented for completion annually and reviewed
Discharge Summaries include initial diagnosis, review of treatment goals and an evaluation of progress
Exit Attachment Symptom Checklist and RADQ are filled out and compared with those at the time treatment began
We keep in contact by phone and/or email with former clients as needed

QUALIFICATION OF STAFF

See Resume