

Treatment Protocol

Richard L. Sudsberry, MFT

Philosophy: I believe that attachment treatment should mirror that of healthy family relationships. Specifically the more treatment reflects a healthy parent child interaction the healthier the child has a chance to become within the context of family life. Key points of care include adults in charge leading with structure, effective challenges, engagement and nurturing provided in a playful way. Parents are encouraged to lead with enthusiasm for their child. Communication is modeled and encouraged through eye contact, facial expressions, tone of voice, body tensions and healthy touch. Children learn to give up destructive control and relax within parent care as treatment proceeds.

Target Population: I see children from age 1 – 17 using an attachment-based approach. Most children seen are in the mild to moderate range. Diagnosis includes; Reactive Attachment Disorder, Depression, Oppositional and Defiant Disorder, and some diagnosis within the Autism spectrum.

Level of Practice: #2 - A therapist with broad training and experience, some of which is in attachment, who devotes evenings to specialized attachment treatment for clients with mild to moderate symptoms.

Program/Practice Overview: Office based therapy for children and caregivers, and psycho-educational parent groups six times per year, 1 and 2-week intensive outpatient care.

Description of Services:

Intake – The initial session is to review parent concerns, gather information on the child's developmental history, life event experiences and parenting styles. In addition, caregivers fill out two forms I have created entitled, Child Risk Assessment and Parent Risk Assessment.

Assessment – In addition to the parent interview the second session typically consists of a video taped Marschak Interaction Method of Assessment (MIM). I review the MIM to prepare for a parent feedback session in which the videotape is reviewed with parents, pointing out my findings. A written report is provided should the parent request one or is required to have a report because of legal involvement.

Treatment planning – A treatment plan is created with parents at the feedback session. Needs are identified and reviewed with parents, points of emphasis are made about the child's needs to be addressed, including a recommended number of sessions. In addition, parents observe the first through fourth session and operate as co-therapists with all remaining care. Parents are also required to attend our therapeutic parenting course held on Saturday mornings. These sessions are psycho-educational around the issues of parenting and child need-meeting. Parents are invited to attend

any additional parent Saturday for no additional charge for 12 months following their child's treatment. This serves as a parent support group of sorts.

Safety/Risk Management Plan: Parents observe (first four sessions) and participate in the child's sessions at all other times. Any session without parents in the treatment room is videotaped and kept throughout the treatment process. In addition, my child treatment area is immediately accessible to my business office. Personnel are always close at hand.

Evaluation/Outcome/Follow-up: Outcomes are assessed by therapist observation, parent sessions and feedback the last session, plus completion of the same Child Risk Assessment and Parent Risk Assessment that was filled out at the start of treatment. In addition the Parent Saturday Program is evaluated after each session.

Qualification: University of Illinois at Springfield, MA Psychology 1972.

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| 8 Hours | 1. The Theraplay Institute, July 22, 1997
Introductory Marschak Interaction Method, Phyllis Booth and Sandra Lindaman |
| 20 Hours | 2. The Theraplay Institute, July 23-25, 1997
Introductory Theraplay, Phyllis Booth and Sandra Lindaman |
| 26 Hours | 3. The Theraplay Institute, May 22-25, 2000
Intermediate Theraplay, Phyllis Booth and Sandra Lindaman |
| 10 Hours | 4. The Theraplay Institute, July 28-29, 2003
Advanced Theraplay, Phyllis Booth and Sandra Lindaman |

Supervision & Consultation Plan: I call Phyllis Booth or Sandra Lindaman at the Theraplay Institute for consultations as needed. In addition another therapist in the office and I consult periodically about cases for which we are providing care.