

## Bethany for Children and Families

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### **Treatment Protocol**

#### **Philosophy**

Bethany for Children and Families works with children, adolescents, and their families. Treatment is offered for reactive attachment disorder, PTSD, and other attachment and trauma related disorders. Bethany works with children and adolescents with past histories of abuse, neglect, domestic violence, foster care, and adoption. Treatment is also offered for co-morbid conditions that may accompany these attachment related disorders.

The treatment goal is to guide families through a process of change, adaptation, and healing in the most supportive way possible. The therapist strives to provide an environment necessary to foster a trusting, loving relationship between the child and family. It must be acknowledged that creating this kind of home environment takes considerable effort and will be unique and challenging for every family. Many tools and resources may be used during the course of treatment, tailoring services to each family and client's specific needs.

#### **Intake, Assessment, and Treatment Planning**

In order to address problem behaviors, an individualized treatment plan is developed tailored to a client and families specific needs and strengths. Parents are the experts on their child, and as such are involved in the process of devising individual and family goals. To formulate a helpful treatment plan, a history of significant events, understanding of the child's behaviors and functioning, and baseline for progress must be established. This is achieved through a diagnostic interview with the parents, child, and other significant family and community members.

During the interview, emphasis is placed on early childhood experiences and traumatic events. This may include physical, sexual, or emotional abuse, neglect, or domestic violence, bonding breaks, early childhood or parental illness, accidents, surgeries, or prenatal experiences. This information assists the therapist in understanding the experiences of the child. This detailed history, as well as any prior testing or treatment history, informs the diagnosis and treatment plan.

Every family and child is unique. Therefore, multiple treatment modalities are available to draw upon in both individual and family sessions. Treatment plans often involve a combination of psychoeducation, parenting techniques, cognitive interventions, play therapy, family focused interventions, and trauma processing. In addition, role-playing, storytelling, artistic activities, or music are often elements of the sessions. The goal is to use the intervention best suited to each child's developmental and cognitive needs.

#### **Safety and Risk Management**

Children attending therapy are transported by parents, or a Bethany professional. If possible, parents remain in the building while the child is in session. Children remain in the supervision of the therapist while in session. The offices and playrooms are locked when not in use. The office has a front and back exit.

**Evaluation/Outcome/Follow-Up**

Progress is evaluated on a three-month basis. When treatment has run its course, and the child and family are satisfied the established goals have been met, a termination process begins. Parents are informed the can return for further treatment if they deem necessary.