



Turn—**KEY** Family Therapy, LLC

Healing the Heart to Heart Connection

Tracey N. Turner-Keyser, MA, ADTR, LPC

Treatment Protocol

Philosophy:

I am committed to providing therapeutic counseling to children with Reactive Attachment Disorder (RAD), child-hood onset trauma, and other maladaptive behaviors. At Turn-Key I have a team approach to treatment. The Treatment Team typically consists of the child, the caregivers, case managers, social workers, one-on-one workers, GALs, myself, and any other adult who has significant interactions with the child. This allows for the building of a unique adult framework from which each child can begin to feel safe, loved, cared for, and cared about; an environment that allows for *Healing the Heart to Heart Connection*.

My philosophy is that I treat families, not simply clients or children. It may be necessary to have individual and/or group sessions with caregivers, siblings, and extended family to ensure education and compliance of treatment plan and a more complete team approach. Additionally, I believe that the health of any child can be no better than the health of the relationship between the primary caregivers. As such time is spent one-on-one with each caregiver and couples counseling is encouraged.

I subscribe to an integrated team approach with every client. This means that I strive to either provide or refer clients for all services needed. As well, team members (e.g. caregivers, family, siblings, case workers, teachers, etc.) may be asked to take part in some forms of treatment (e.g. education, support, possibly individual therapy, group therapy, and family therapy). I have found that this type of team approach allows for the most efficient and loving progress possible for any child.

If, for what ever reason, I feel that I can not be of service to you, your child, or your family, I will let you know and help in the transition to new service.

Description of Processes:

Intake/Admission:

Intake starts with the first phone conversation in which I gather brief and pertinent background and administrative information. Following this I ask each family to complete a comprehensive intake packet in which I request background (i.e. social, psychological, treatment, medical, education, developmental) on biological and current parents as well as the child who will be the primary client and all siblings. A key request is for the caregivers to compose a “Day in the life of my child” essay. I ask that, if possible, I can have this information prior to our first session so that I can fully prepare and on the first visit I can spend the needed time with parent and child.

Assessment:

All items in the intake packet are reviewed as part of the assessment. Personal interview offers additional background and impressions. I also use the Parent Questionnaire developed by Dr Bill Goble for assessment purposes as well as the Randolph Attachment

5089 Hwy 64 West, Suite 101, Pittsboro, NC, 27312

phone: (919) 545 9833 fax: (919) 545 9832

admin@Turn-Key.us

www.Turn-Key.us

Disorder Questionnaire. Then, one-on-one work with the child over the first couple of sessions gives me the needed information to move on to treatment planning.

Treatment Planning:

Treatment planning includes active involvement from parents, legal guardians and/or primary care givers as well as their child for healthy attachment and bonding to occur. Families will work hard both in and out of therapy sessions.

Parents will receive training in specialized parenting techniques derived by Foster Cline, Nancy Thomas and Deborah Hage to help design, enhance and facilitate healthy attachment between parent and child. This also aids in transitioning what is done in session time to the home environment. I work together with parents and children to specify goals, foci and methods of treatment. The risks and benefits of treatment, approximate time commitment involved, costs and other aspects of your particular situation are discussed in detail prior to beginning treatment. Progress is monitored and evaluated periodically and, if necessary, redesigned to meet treatment goals.

Treatment Techniques Used:

These techniques may include but are not limited to trauma focused CBT, cognitive therapy, yoga, physical activity/exercise, simple age-appropriate chores, reflective therapy, cognitive restructuring, EMDR™, behavioral management, narrative therapy, healthy nurturing, meditation, biofeedback, energy work, spiritual counseling, expressive arts therapy, movement therapy, psychodrama, parent training and support, and psycho-educational activities. Movement is a central tenant of my treatment philosophy. I subscribe to the belief that movement is an essential component for trauma healing.

Safety/Risk Management Plan:

As with any powerful intervention, there are both benefits and risks involved with therapy. Risks might include you or your child experiencing uncomfortable levels of feelings of shame, sadness, guilt, anxiety, anger and/or frustration, or having difficulties with other people. Families will have to work on relationships and make long-term efforts. Sometimes change will be easy and swift, but most often it will be slow and deliberate. Some changes may lead to what seems to be worsening circumstances or even losses (for example, therapy will not necessarily keep a marriage or family together.).

I do not take clients whom I feel I cannot help using the techniques I have available. I will enter our relationship with optimism and eagerness to work with you and your child. I have a special interest in helping children and families with trauma and attachment issues build strong and healthy relationship. You, your child, and your family will find a safe and loving environment with well established boundaries at Turn-Key.

Evaluation/Outcomes/Follow-Up:

The best measure of progress is always the feedback from the primary caregivers. In addition to this qualitative measure many of the quantitative assessment tools are used every 3 months to help in the evaluation of progress. The treatment plan is altered

Turn—**KEY**◆ Family Therapy, LLC

5089 Hwy 64 West, Suite 101, Pittsboro, NC, 27312
phone: (919) 545 9833 fax: (919) 545 9832
admin@Turn-Key.us www.Turn-Key.us

according to these measures of success. There are two primary points that I emphasize when looking at progress of any client; 1) things normally get worse before they get better, and 2) when things begin to get better increase therapy to increase the chance of permanency of change and healing. Once all goals have been achieved we stay in contact with the family and become more of a phone resource. We recommend coming in every 3-6 months for a refresher session so that old patterns do not begin to creep back into lifestyles. We monitor via e-mail once families do not feel the need for regular sessions.

Turn—**KEY**◆ Family Therapy, LLC

5089 Hwy 64 West, Suite 101, Pittsboro, NC, 27312
phone: (919) 545 9833 fax: (919) 545 9832
admin@Turn-Key.us www.Turn-Key.us

Turn—**KEY**◆ Family Therapy, LLC

5089 Hwy 64 West, Suite 101, Pittsboro, NC, 27312

phone: (919) 545 9833 fax: (919) 545 9832

admin@Turn-Key.us

www.Turn-Key.us