

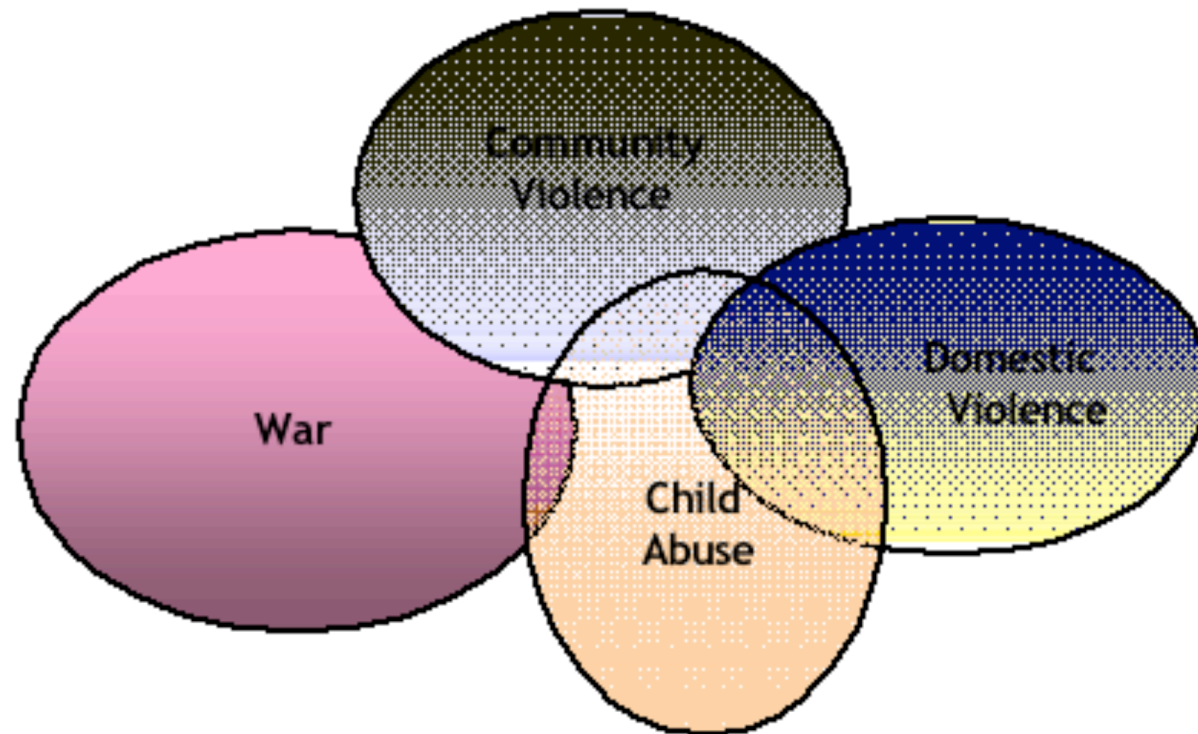
Child-Parent Psychotherapy with Young Children Exposed to Violence

Alicia F. Lieberman, PhD
University of California San Francisco
San Francisco General Hospital

Frequent Traumatic Stressors in Infancy and Early Childhood

- Exposure to violence
 - Child Abuse
 - Domestic Violence
 - Community Violence
- Accidents
 - Car crashes
 - Near drownings
 - Dog bites

Children's Exposure to Violence



Convergence of Types of Violence

- Children exposed to domestic violence
 - 15 times more likely to be abused than average
 - 30-70% overlap with child abuse
 - Serious risk of sexual abuse
- Battered women
 - Twice more likely to abuse their children than comparison groups

(Osofsky, 2003; Edleson, 1999; Margolin & Gordis, 2000; McCloskey, 1995)

Children Exposed to Domestic Violence

- Double the rate of psychiatric problems than comparison groups
- Psychiatric problems persist
- Increased risk of adult family violence
- Younger children more vulnerable

A Developmental View of Traumatic Stress

- Childhood traumatic stressor:
 - Actual or threatened death or injury to the child or others
 - Threat to the physical or psychological integrity of the child or others

(DC:0-3R, 2005)

Traumatic Stress Disorder in Early Childhood

- Re-experiencing trauma: post-traumatic play, distress at reminders
- Numbing of affect: social withdrawal, affective constriction, developmental losses
- Increased arousal: heightened startle response, decreased concentration, hypervigilance
- Associated features: New Symptoms

(DC:0-3R, 2005)

Impact of Trauma on Caregivers

- Loss of felt security
- Changed view of self/other
 - Victim
 - Perpetrator
 - Helpless bystander
- Traumatic reminders
- Traumatic expectations

Changes in Parent-Child Relationship after Trauma

- Impaired affect regulation
- Mutual negative attributions
 - Changed mental representations
 - Traumatic expectations
- Parent and child as traumatic reminders for one another

Domestic Violence in Infancy and Early Childhood

- Shattering of developmental expectation of protection from the attachment figure
- The protector becomes the source of danger
- “Unresolvable fear”: Nowhere to turn for help
- Contradictory feelings toward the parent

(Pynoos, 1993; Main & Hesse, 1990; Lieberman & Van Horn, 1998)

Treating Young Children

- Young children develop in relationships
- Young children use relationships with caregivers to
 - Regulate physiological response
 - Form internal working models of relationships
 - Provide secure base for exploration and learning
 - Model accepted behaviors

Child-Parent Psychotherapy Goals

- Encouraging normal development: engagement with present activities and future goals
- Maintaining regular levels of affective arousal
- Establishing trust in bodily sensations
- Achieving reciprocity in intimate relationships

Child-Parent Psychotherapy

Trauma-related goals

- Increased capacity to respond realistically to threat
- Differentiation between reliving and remembering
- Normalization of the traumatic response
- Placing the traumatic experience in perspective

Multi-Theoretical

- Developmentally Informed
- Attachment
- Trauma
- Psychoanalytic
- Social Learning
- Cognitive–Behavioral
- Culturally informed

Child-parent Psychotherapy Intervention Modalities

1. Promote developmental progress through play, physical contact, and language
2. Unstructured/reflective developmental guidance
3. Modeling protective behaviors
4. Interpretation: linking past and present
5. Emotional support
6. Concrete assistance, case management, crisis intervention

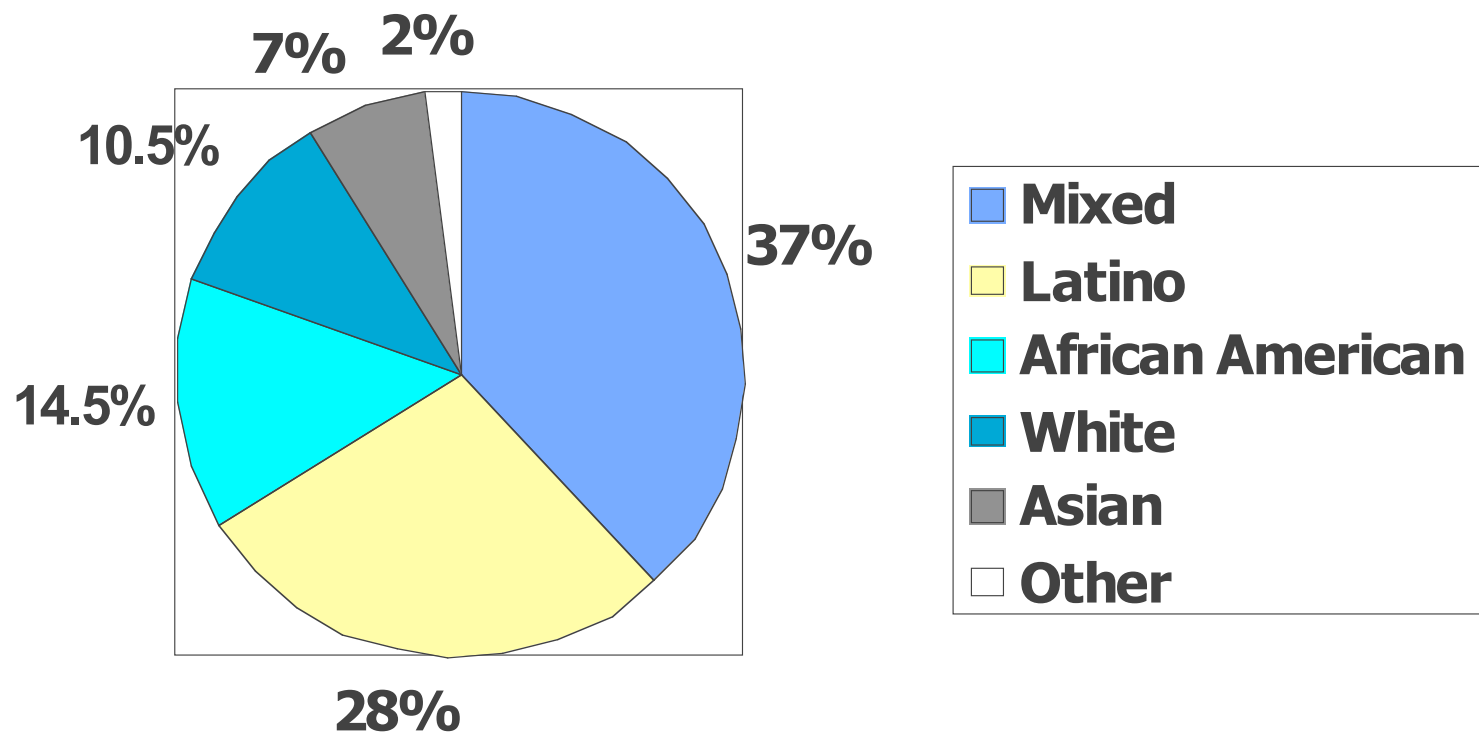
Study Overview

- NIMH manual development grant
- Randomized control design
- Participants randomized to Child-Parent Psychotherapy or Case Management plus standard community intervention
- Assessments at intake, 6 months, 12 months, and 6 months post treatment

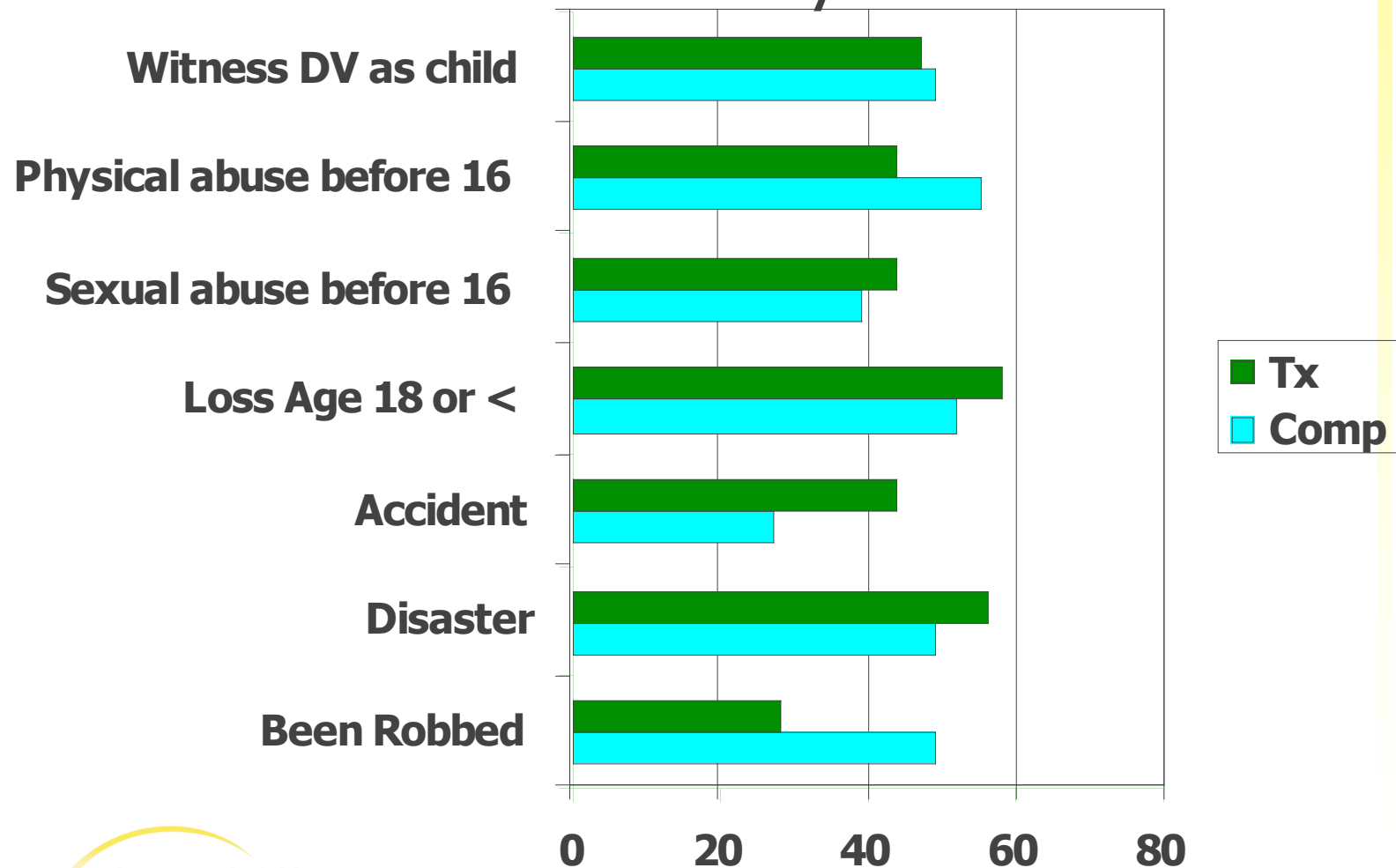
Participants:

Group	Gender		Age	
	Girls	Boys	<u>M</u>	<u>SD</u>
Treatment	26	17	4.06	.86
Comparison	13	20	4.07	.77

Ethnicity of Children



Maternal Trauma History



Outcome Measures

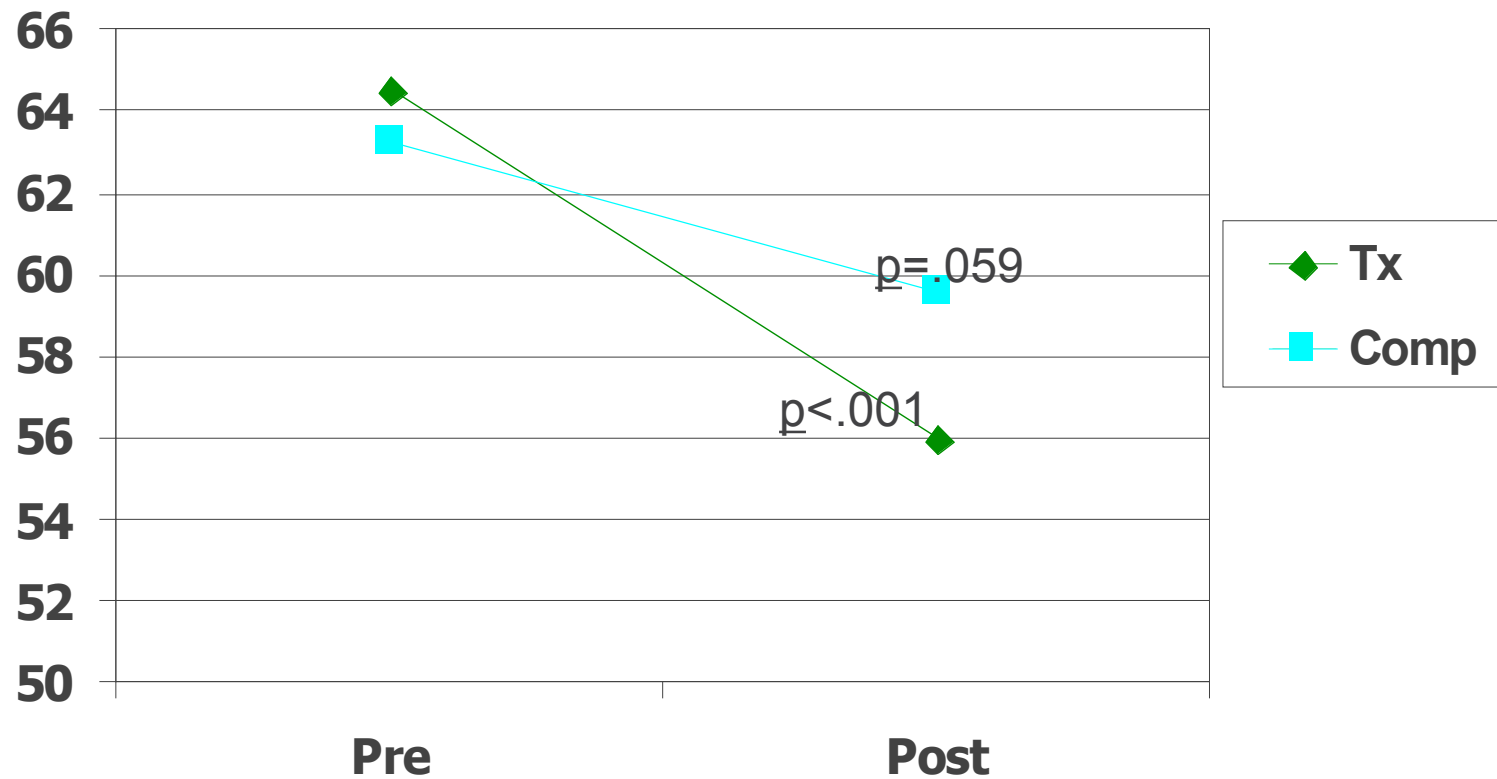
■ Child Symptomatology

- Semi-Structured Interview for DC:0-3 (DC:0-3)
- Child Behavior Checklist (CBCL)

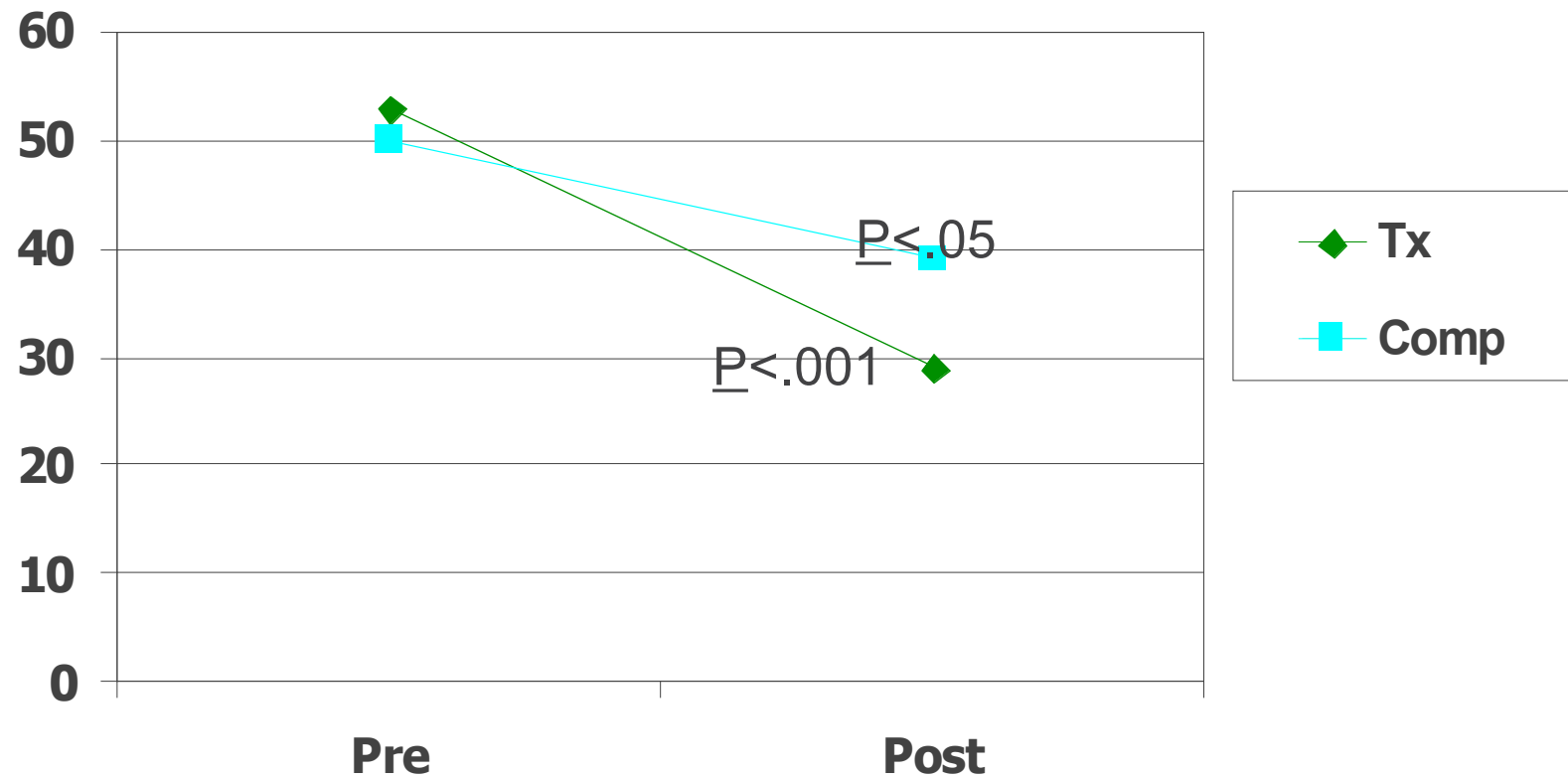
■ Maternal Symptomatology

- Clinician Administered PTSD Scale (CAPS)
- Symptom Checklist (SCL-90-R)

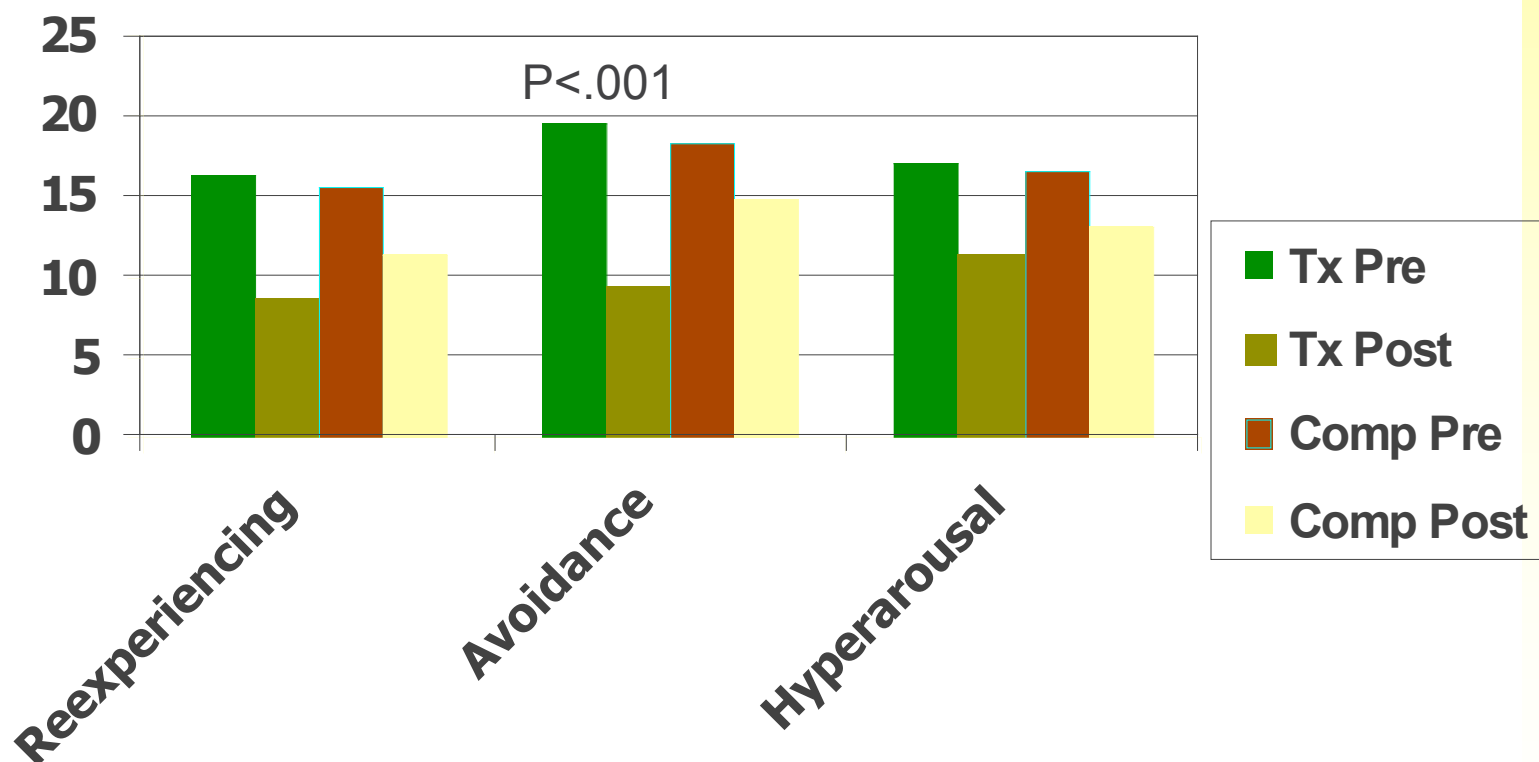
Maternal Symptomatology: Global Distress SCL-90-R



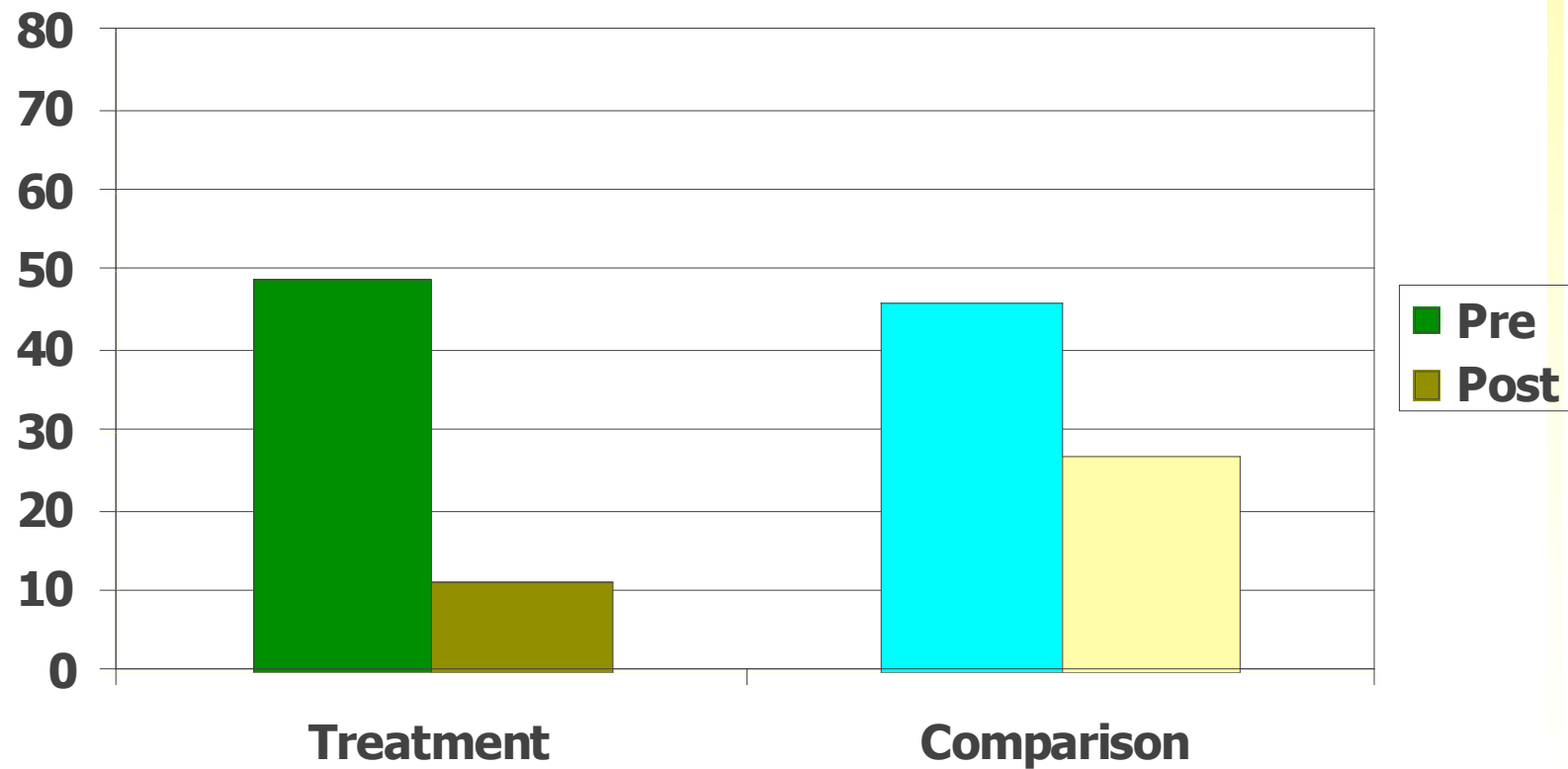
Maternal Symptomatology: PTSD (CAPS Total Score)



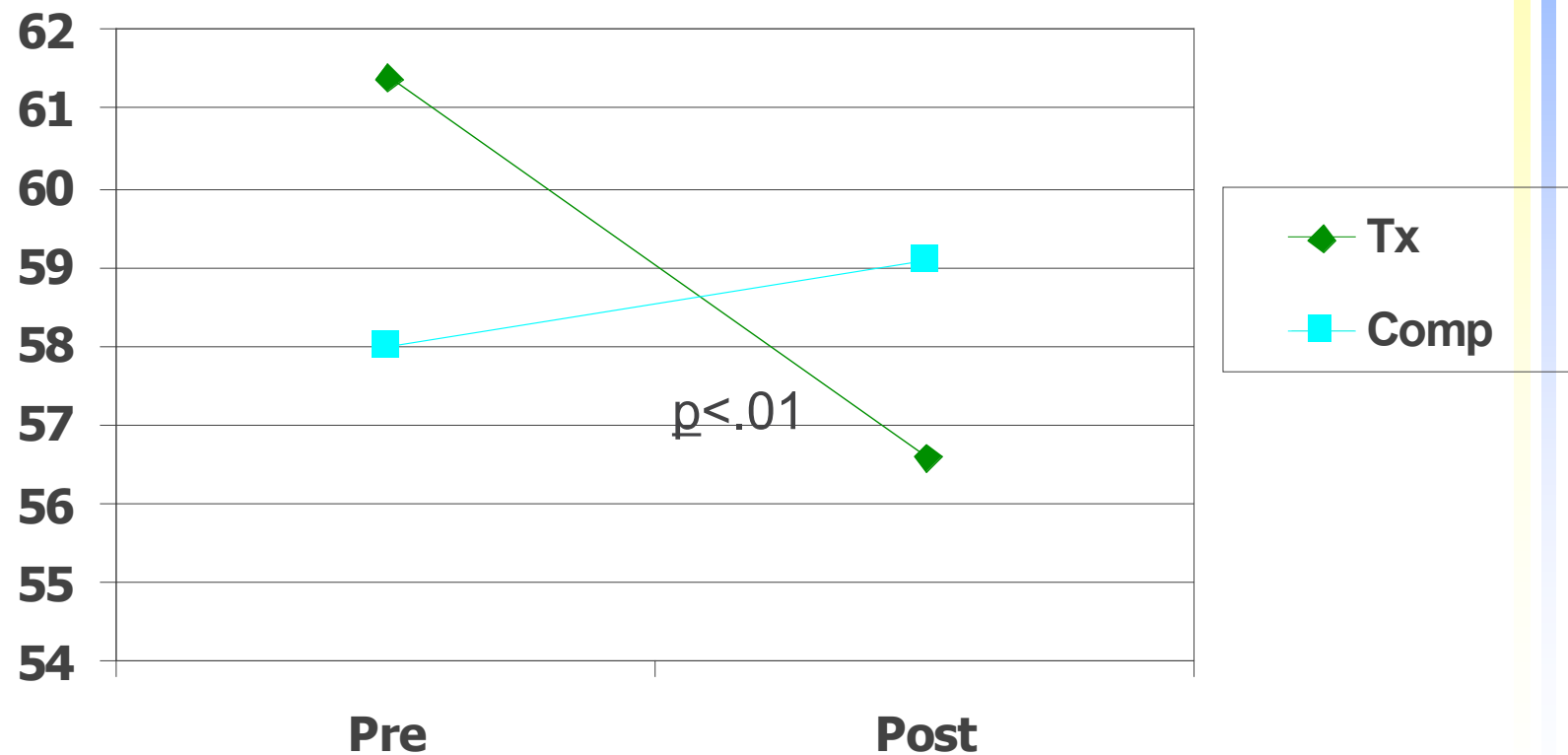
Maternal Symptomatology: PTSD (CAPS)



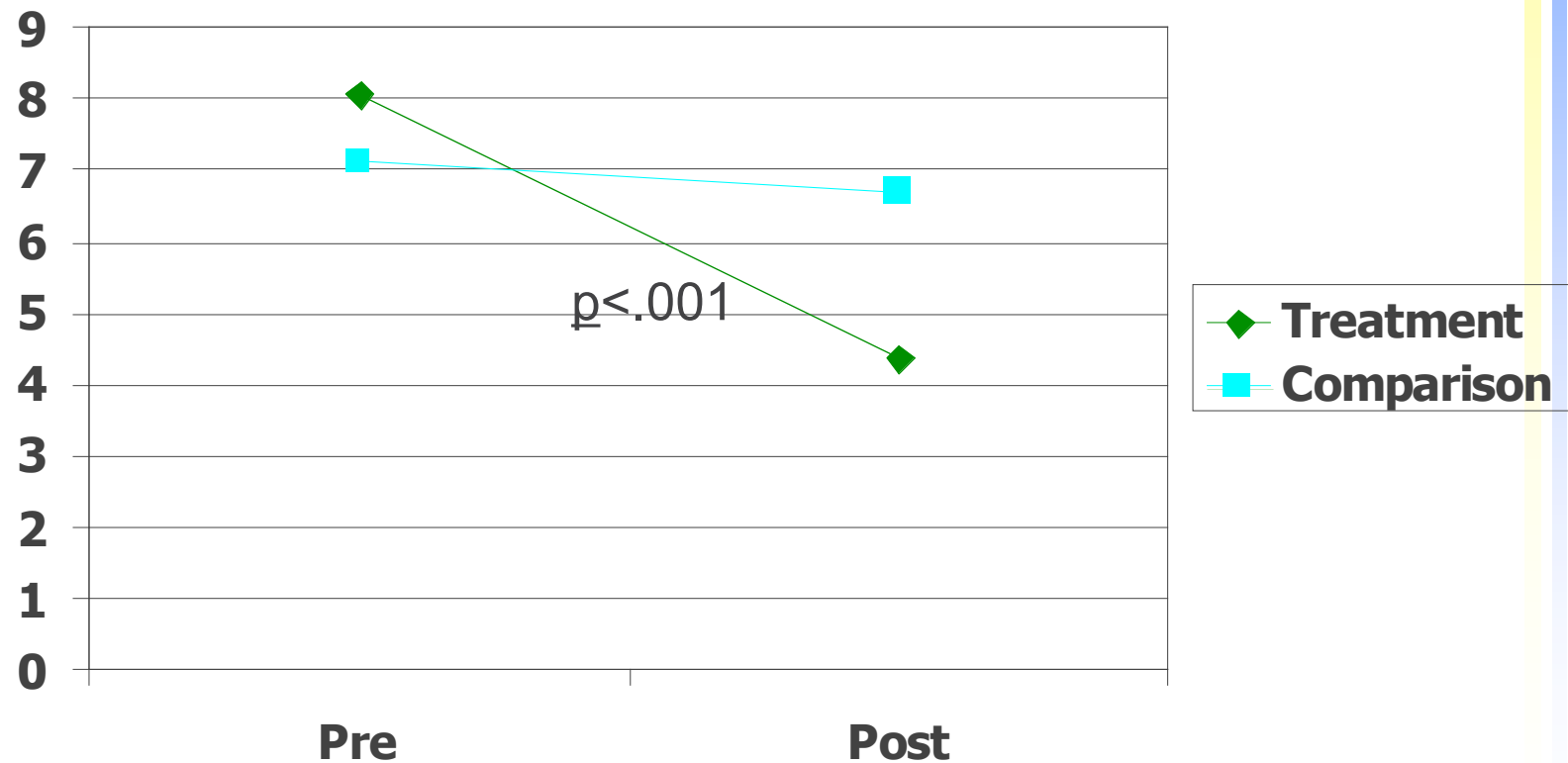
Maternal PTSD Diagnosis



Child Behavior Problems: Total Problems (CBCL)



Child Traumatic Stress Disorder



Child Diagnosis: Traumatic Stress Disorder

