

Q&A – (questions we didn't have time to answer in the session)

Question 1: What does this research tell us about best practice with parenting interventions and with due consideration to trauma (trauma for both caregivers and children). Also, any research messages about these interventions when there is child and adolescent to parent violence and abuse. For example, when caregivers live in fear of their child due to serious violent and non-violent acts towards them from their child. Just thinking about whether these interventions can increase risk in these families?

Question 2: What additional measures would make an intervention successful if a child has experienced a significant incident/amount of trauma 0-5?

Answers from Dr Kirsten Asmussen:

“On the EIF Guidebook, Child Parent Psychotherapy (CPP) has good evidence of supporting the needs of caregivers and their children who may have experienced trauma. This may be trauma due to domestic abuse occurring in the home, a family bereavement, or witnessing a violent or distressing event in the community.

The intervention works with families individually, offering two tracks of intervention. The first is therapeutic support for the parents, to help them resolve feelings of trauma so they can engage more positively with their child.

The second track involves teaching parents social learning principles (as discussed during the presentation) aimed at providing the parents with positive child disciplinary skills. These skills are taught to the parent while the child is present, to provide opportunities for direct coaching.

It's worth noting that the original version of CPP was offered through weekly sessions lasting for a year. This is because parents who have experienced trauma typically take longer to develop trust with the practitioner. However, the developers are now testing to see if a 26 week version is more effective.

Regardless, developing trust is a key issue, so parents are more likely to benefit when practitioners are highly skilled, and are able to work with them 1-2-1.”