The anchoring function of the professional presence and support in the therapeutic alliance with parents

29-3-2012
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Overview workshop

1. Parallel-processes: anchoring functions of parent-child and therapist-parent
2. The importance of a therapeutic alliance in psychotherapy in general: main factor in positive outcome
3. Building a good alliance with parents: how?
4. Professional ‘presence’ and ‘support’: exchange of best practices and exploring new ways
Anchoring function of parents

By establishing a new way of authority parents can fulfil the anchoring function that gives children both safety and clear expectations as to their own behaviour.

‘Nonviolent Resistance in families’ (Omer 2004) can be a concrete and powerful anchor!
Anchoring function of parents

To fulfil the anchoring function for their children, parents must be ‘anchored’ themselves:

- well rooted in their sense of duty
- in control of their own actions
- securely attached to support-systems (personal and professional)
Anchoring function of professionals

NEW AUTHORITY & NONVIOLENT RESISTANCE:

- Most parents say: ‘We need this, we want this’
- But: not always easy to start or persist…
- Wanted: presence and support, also from the therapist

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Parent – therapist – relation

Parents’ inner dialogue (about treatment-method)

- Do I need this?
- Do I want this?
- Can I do it?

Parents request on therapist (about therapeutic alliance)

- Do you see me?
- Do you hear me?
- Can I trust you?
- Will you support me?
Anchoring function-parallelprocess

► **PARENTS - CHILD:**
in the ‘developmental storms’ of childhood & adolescence
youngsters need the anchor of firm and present parents

► **THERAPIST - PARENTS:**
in the ‘heavy weather’ of violent children in the home
parents need the anchor of present and supportive helpers

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Importance of a good ‘alliance’

Besides a good anchor you need:

A GOOD ALLIANCE

between anchor and boat
Client/Extratherapeutic Factors (87%)

Feedback Effects
15-31%

Alliance Effects
38-54%

Model/Technique
8%

Model/Technique Delivered:
Expectancy/Allegiance
Rationale/Ritual (General
Effects) 30-%

Therapist Effects
46-69%

Duncan, Miller, Wampold & Hubble (2010). The heart and soul of change (2nd edition !)
Relationship Factors

The Alliance:

- Relational Bond
- Agreement on goals
- Agreement on tasks

Seven Times the Impact of Model/Technique...Accounts for Most of Therapist Variance

The Therapeutic Alliance

The Alliance

Goals, Meaning or Purpose

Means or Methods: Theory of Change

Client’s View of the Relationship
From research into practice of NVR: the anchoring function of professionals!

How to establish a good therapeutic alliance with parents?

Don’t blame
Be present
Give support
Anchoring function of professionals:

PROFESSIONAL PRESENCE

► Attention and proximity
► Accessibility
► Flexibility
► Empowerment
► Reliability
► Practice based evidence

Anchoring function of professionals:

Telephone-support in Israël: amplifying the therapeutic effect!

► 2 phonecalls between sessions (20 à 40 minutes)

► Content of telephone-support:
  - ‘counseling’ (listening, support, empowerment)
  - ‘help-desk’ (implement en strengthen NVR-techniques)

► Goals of telephone-support:
  - continuity and intensity
  - preparing for concrete steps
Support between sessions: other possibilities?!

BEST PRACTICES?
IDEA’S?
EXPERIENCES?
NEW WAYS?

Please tell us !!!
For the Dutch participants:

WELKOM OP ONZE CURSUSSEN:

- Specialistische cursus ‘Nieuwe Autoriteit en Geweldloos Verzet’
  - 6 vrijdagen van november ‘12 tot maart ‘13
  - erkend en geaccrediteerd: NVRG, FGzP, NVvP

- In-company-trainingen op maat
  - neem hiervoor contact met ons op:
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