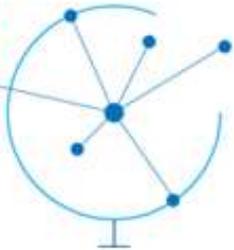


Child- and family focused treatment after Child Sexual Abuse (CSA)

by Drs Dorini Janssen, Aletta Simons MSc, Kees Verduijn MCH

ICCT2018
FOR THE FUTURE!



Institute
Contextual
Approach



Introduction

Child Sexual Abuse within a family is a complex problem;

-> great impact on the development of the child

-> family ties are under great pressure

- after CSA within the family context
- there is a Dutch contextual intervention called CLAS
- used by several specialized youth care organisations
- CLAS needed to relate the intervention to new insights in trauma therapy

Cooperation research group and organisations

- Research group 'Youth and Family' and several CLAS teams started a cooperation
- By the start we focused on the contextual way in which the treatment was realized in practice
- During the research the question changed to a more wider view;
- 'What are the elements of good therapy after CSA within a family?'

Research design

We used several qualitative data collection methods:

- Exploratory expert interview with Katrien Grootaers (sexologist and sociologist)
- Exploratory literature search on the trauma related to CSA and items for good care
- Research of the contextual family intervention CLAS by document research, files research, qualitative interviews with therapistst, managers, work supervisors and clients.
- We compared the results of the scientific findings and the empirical findings.

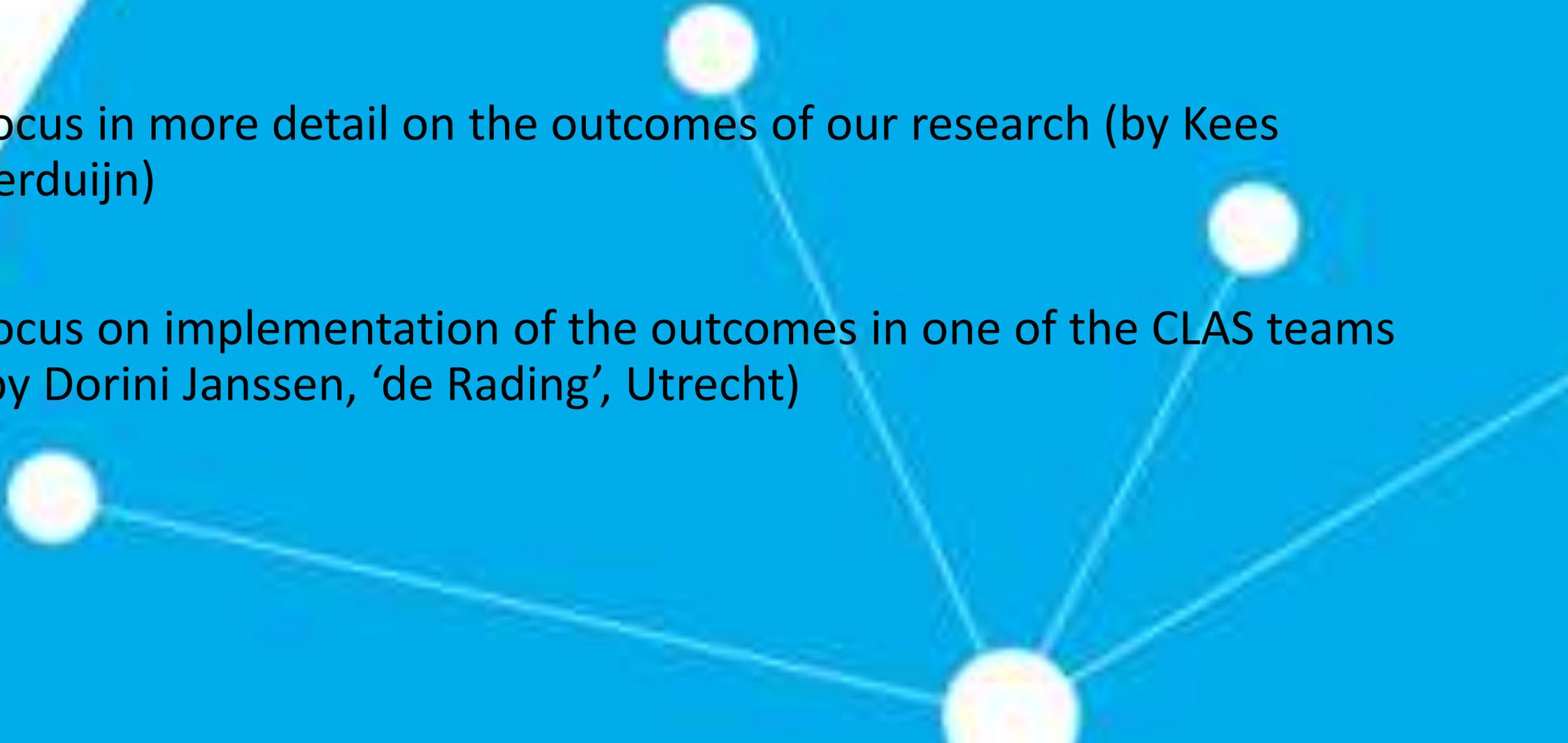
What did we do with the results?

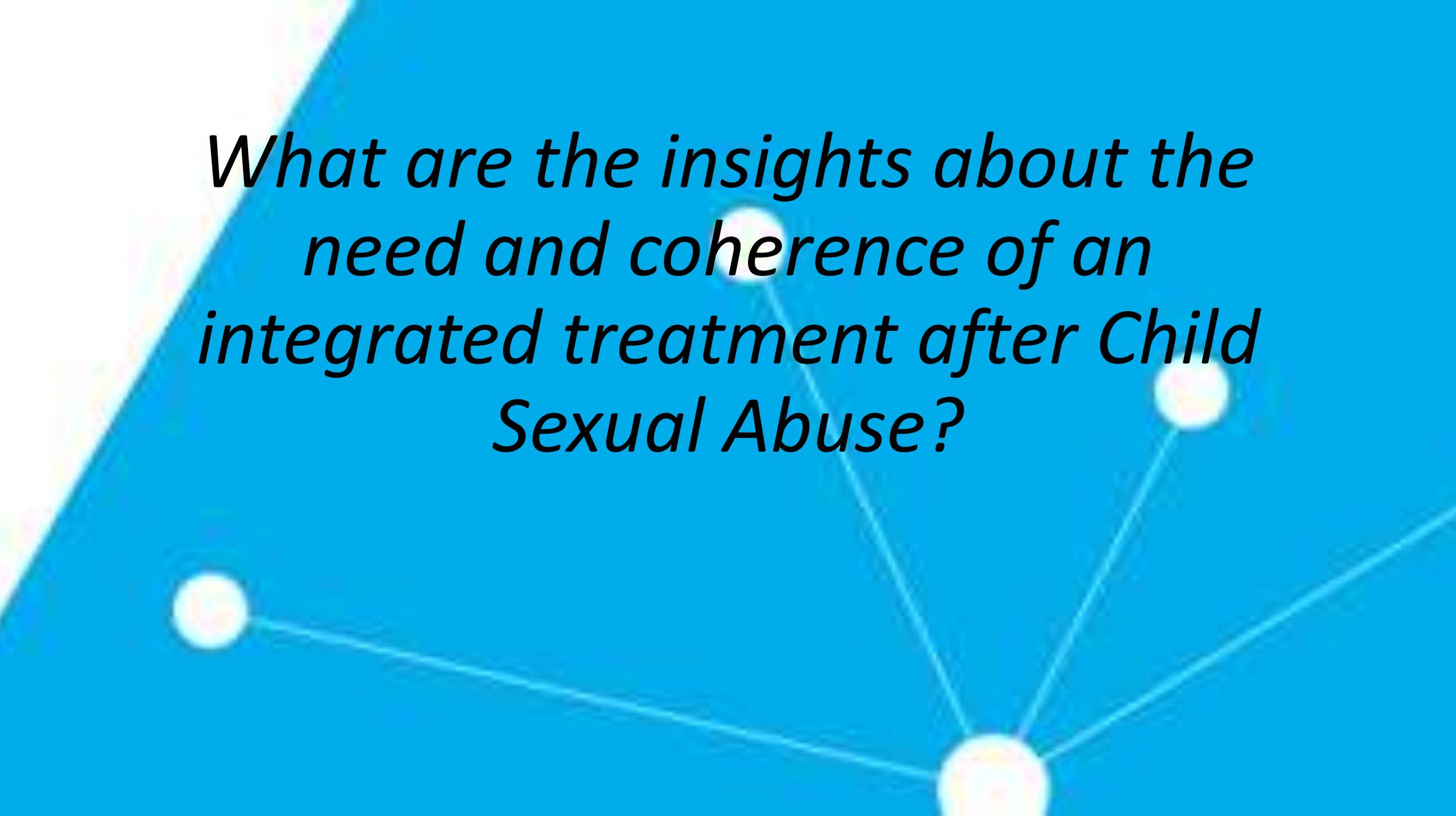
- We presented the results-in-concept in the related CLAS teams
 - We used the discussion in the CLAS teams as 'member checking'
 - Then we finished our research report
 - And presented the main items in a meeting with all stakeholders
-

Publication and preparation of PHD project

- A short article in *Child and Adolescent* – a journal for Dutch scientific articles related to pedagogical, psychiatric and psychological practice of youths
- A more popular article in *Salut*- a syllabus for certificated Bachelor student of the Christian University for Applied Sciences
- The preparation of a PHD research project- with a focus on effectiveness of family focused therapy after sexual abuse within a family by a brother or sister

To continue in this presentation

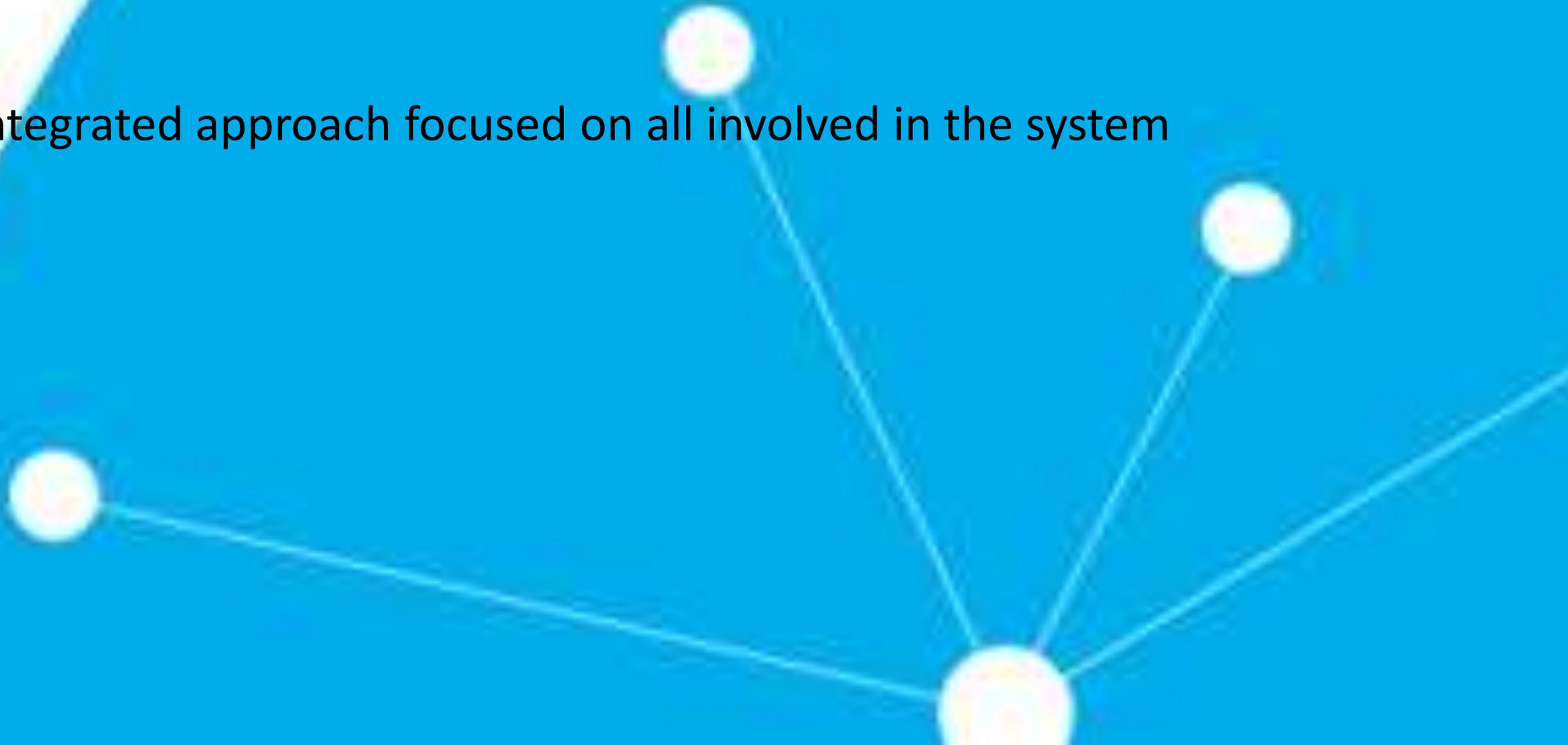
- Focus in more detail on the outcomes of our research (by Kees Verduijn)
 - Focus on implementation of the outcomes in one of the CLAS teams (by Dorini Janssen, 'de Rading', Utrecht)
- 
- A network diagram consisting of a central node at the bottom and four peripheral nodes connected to it by lines. The nodes are represented by glowing, multi-colored spheres. The lines are thin and light blue. The background is a solid blue color with a white diagonal line on the left side.



*What are the insights about the
need and coherence of an
integrated treatment after Child
Sexual Abuse?*

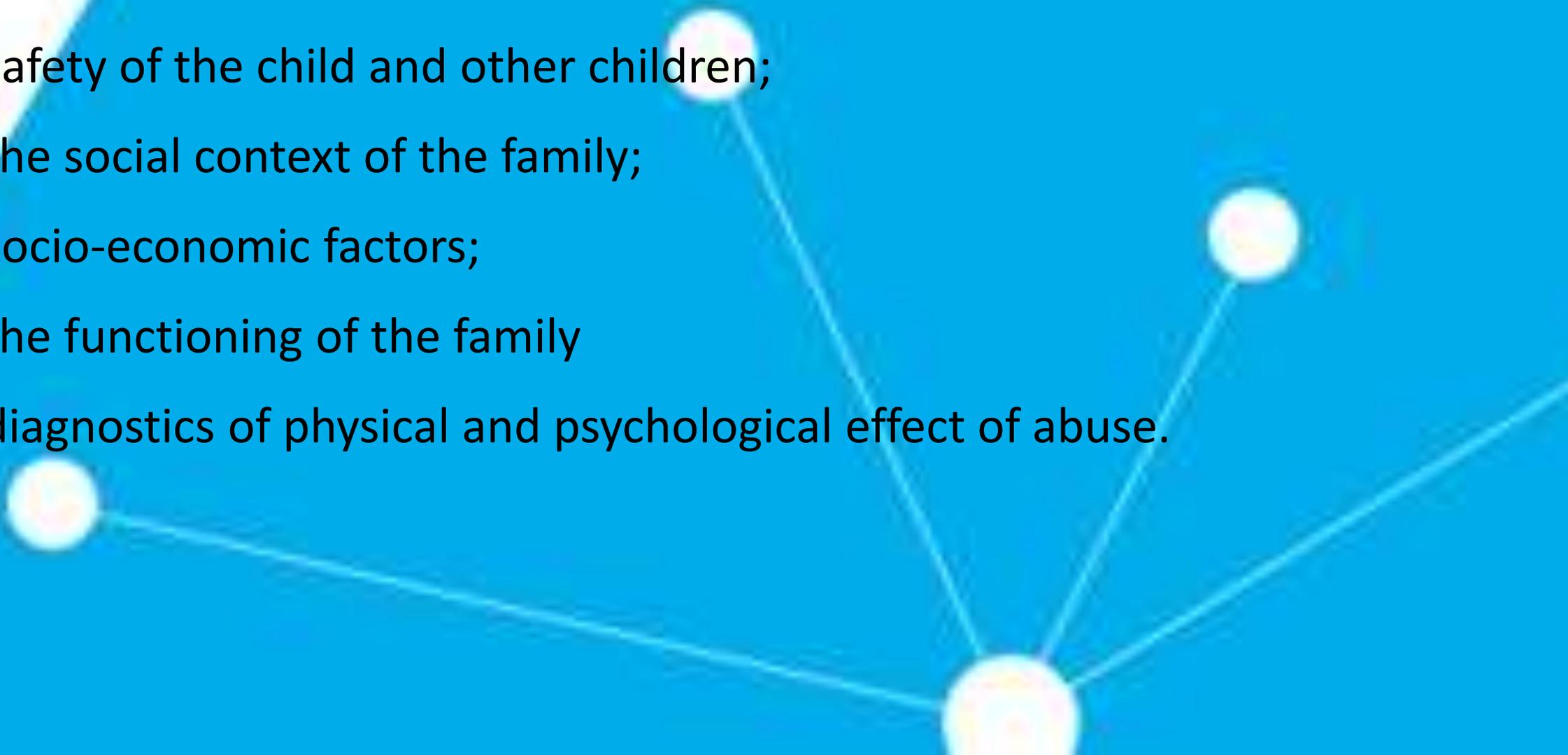
Individual or systemic perspective?

- Integrated approach focused on all involved in the system



Start CSA-treatment: assessment

- safety of the child and other children;
- the social context of the family;
- socio-economic factors;
- the functioning of the family
- diagnostics of physical and psychological effect of abuse.



multidisciplinair approach

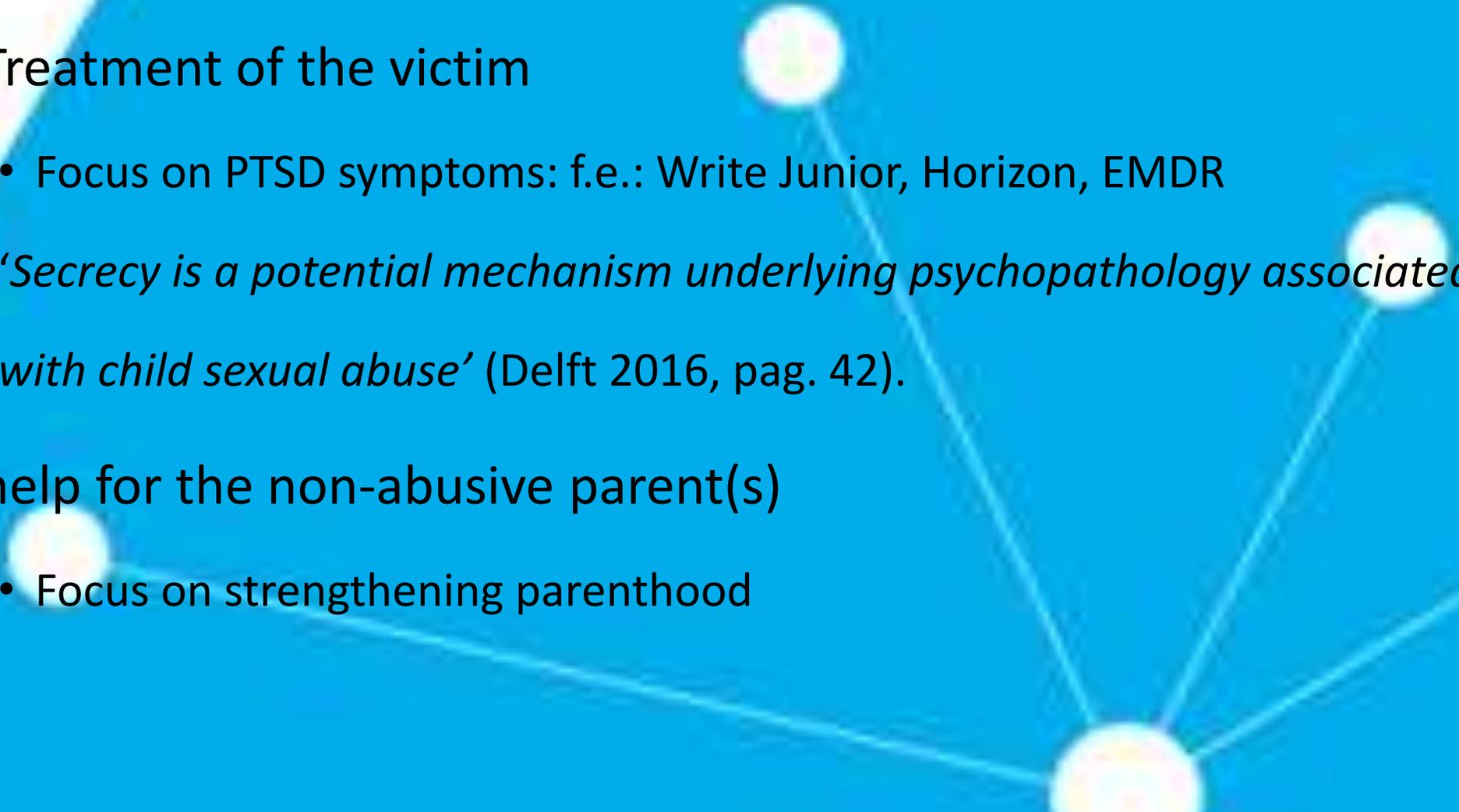
- pediatrician or an specialised youth nurse in cases of physical elements
- child psychiatrist
- psychologist / pedagogue
- social worker



Safety first: creating a safe environment



Components of a coherent approach



1. Treatment of the victim

- Focus on PTSD symptoms: f.e.: Write Junior, Horizon, EMDR

‘Secrecy is a potential mechanism underlying psychopathology associated with child sexual abuse’ (Delft 2016, pag. 42).

2. help for the non-abusive parent(s)

- Focus on strengthening parenthood

Components of a coherent approach II

3. Treatment of the abusive family member

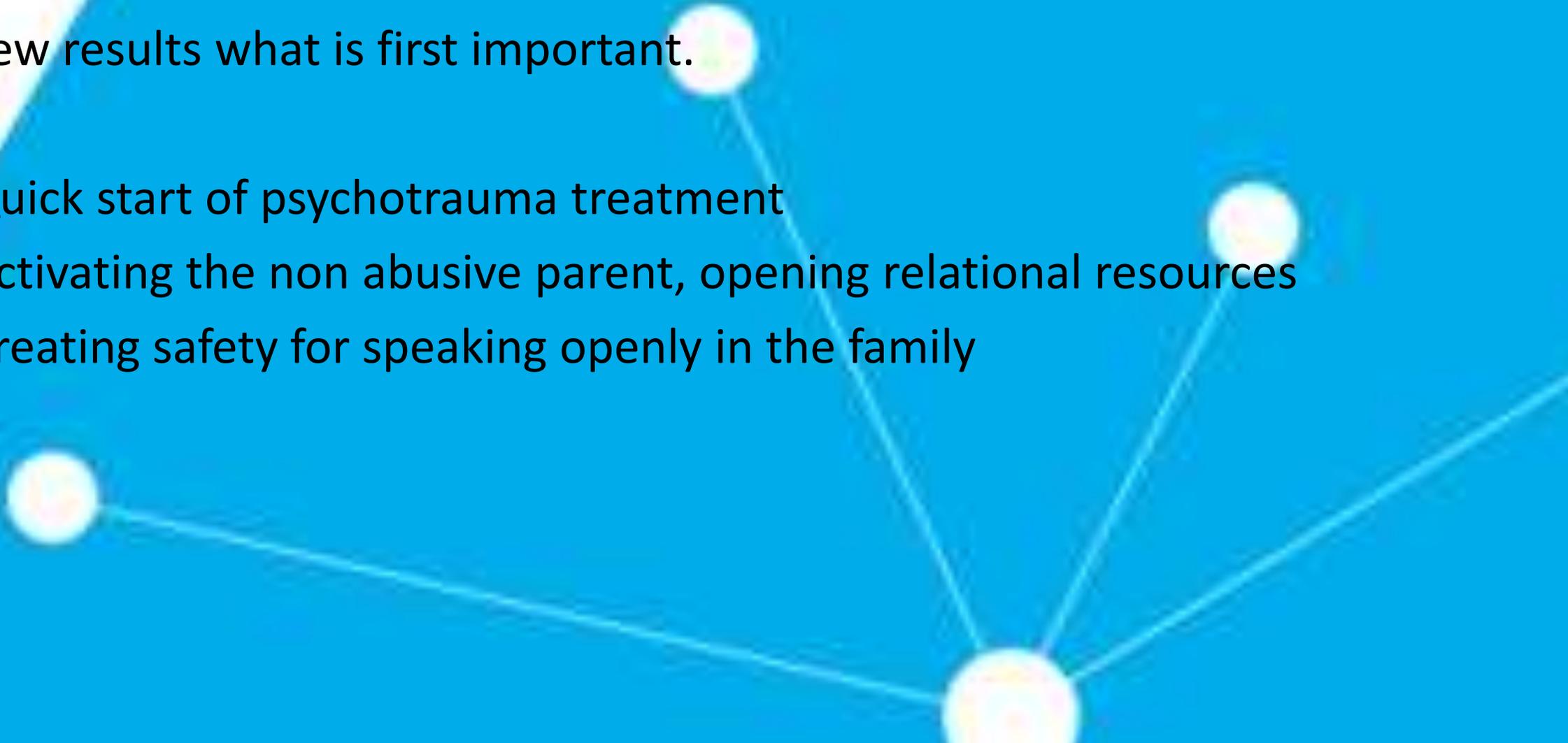
- Focus on prevention
- Differences parent child abuse and abuse in the sibling relation

4. Care for the whole family

- Focus on cohesion, connection and openness



Orderliness in treatment

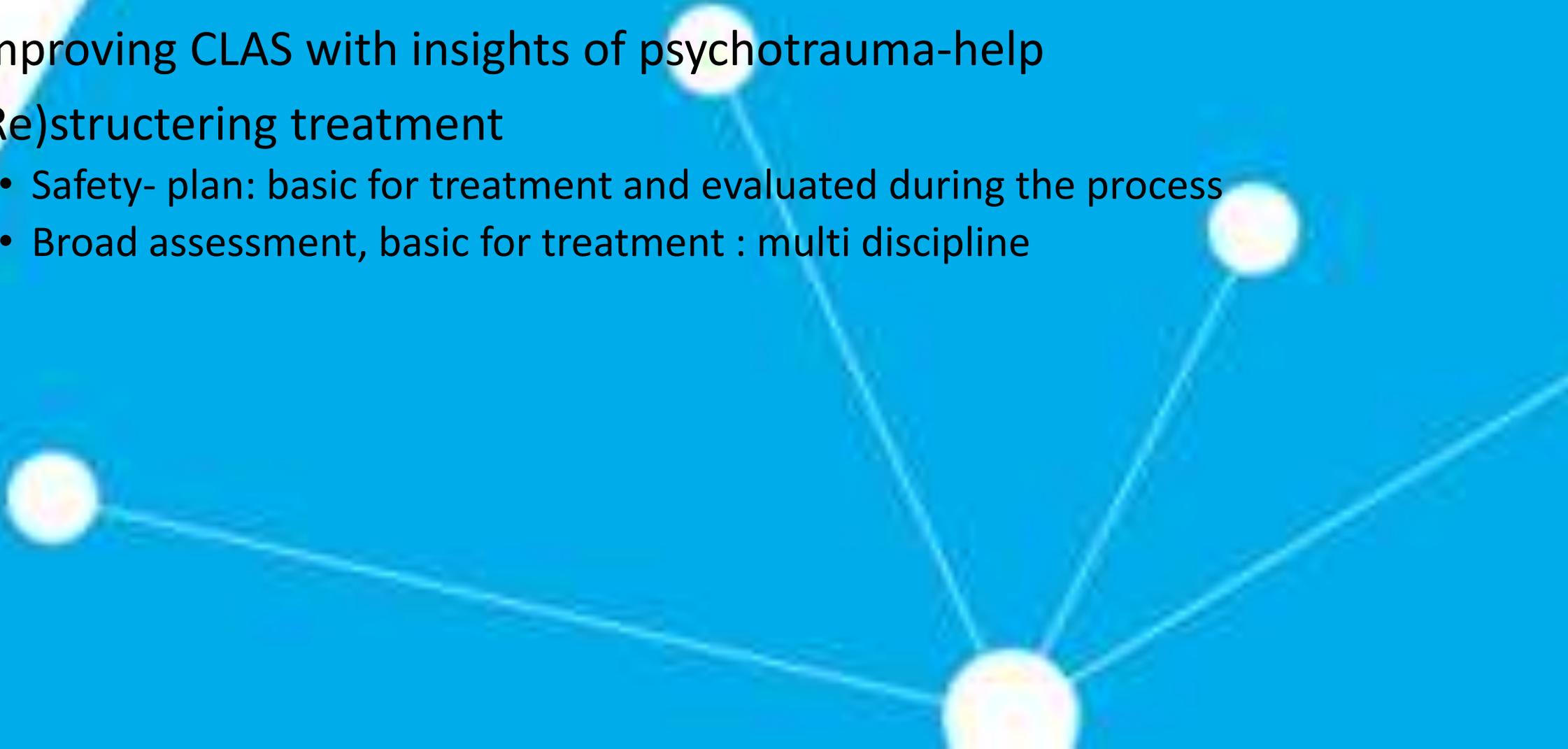
- Few results what is first important.
 - Quick start of psychotrauma treatment
 - Activating the non abusive parent, opening relational resources
 - Creating safety for speaking openly in the family
- 

Psychological or relational trauma?

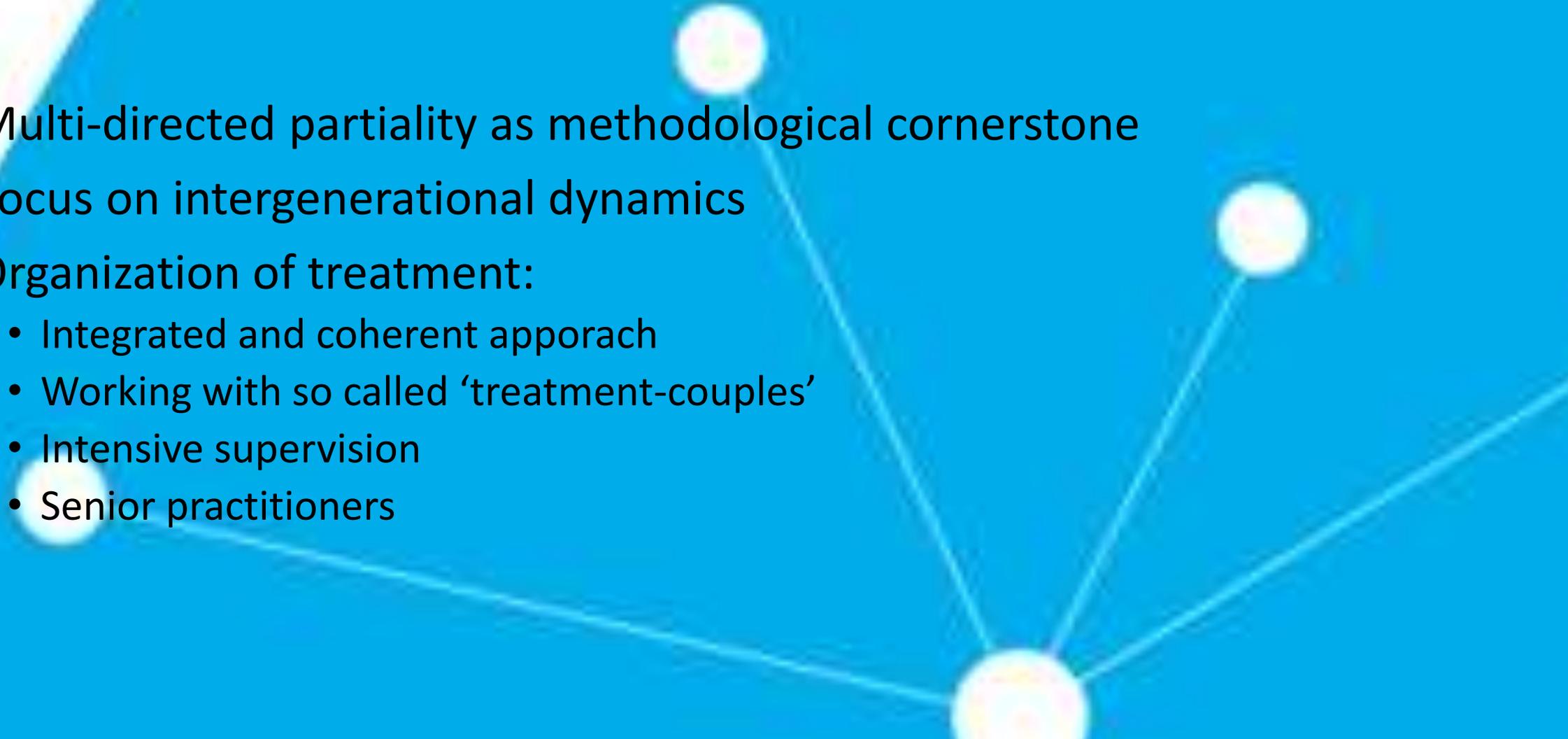
“not being seen in the midst of distress” (John Allen)

A network diagram consisting of a central node at the bottom and four peripheral nodes connected to it by lines. The nodes are represented by small, multi-colored circles. The lines are thin and light blue. The background is a solid blue color with a white diagonal line in the top-left corner.

Conclusions & recommendations

- Improving CLAS with insights of psychotrauma-help
 - (Re)structuring treatment
 - Safety- plan: basic for treatment and evaluated during the process
 - Broad assessment, basic for treatment : multi discipline
- 

Contributions of CLAS and Contextual approach

- Multi-directed partiality as methodological cornerstone
 - Focus on intergenerational dynamics
 - Organization of treatment:
 - Integrated and coherent approach
 - Working with so called 'treatment-couples'
 - Intensive supervision
 - Senior practitioners
- 

Implementation:



discussion

