



兒童精神虐待 — 心理治療

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What is the
condition to be
treated?

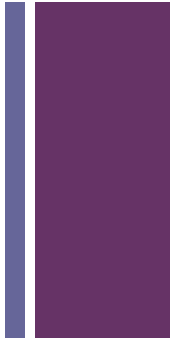


Types of Psychologically Abusive Behaviors by Caregivers (Hibbard et al, 2012)

Spurning	<ul style="list-style-type: none">• Belittling, denigrating, or other rejecting• Ridiculing for showing normal emotions• Singling out or humiliating in public
Terrorizing	<ul style="list-style-type: none">• Placing in unpredictable/chaotic circumstances• Placing in recognizably dangerous situations• Having rigid/unrealistic expectations accompanied by threats if not met• Threatening/perpetrating violence against child or child's loved ones objects
Isolating	<ul style="list-style-type: none">• Confining within environment• Restricting social interactions in community
Exploiting/ Corrupting	<ul style="list-style-type: none">• Modeling, permitting, or encouraging antisocial or developmentally inappropriate behavior• Restricting/undermining psychological autonomy• Restricting/interfering with cognitive development
Denying emotional responsiveness	<ul style="list-style-type: none">• Being detached or uninvolved; interacting only when necessary• Providing little or no warmth, nurturing, praise during any developmental period in childhood
Mental health/ medical/ educational neglect	<ul style="list-style-type: none">• Limiting a child's access to necessary health care because of reasons other than inadequate resources• Refusing to provide for serious emotional, behavioral, physical health, or educational needs



Identifying the Condition to Treat



- The name
 - Maltreatment / Abuse
 - Use of cruelty or violence regularly or repeatedly
 - Cause damage or harm (*to psychological functioning*)
- An independent category or a co-occurring condition?
 - **Psychological Health** embedded in the Definition of Child Abuse
 - Any act of commission or omission that endangers or impairs the physical / psychological health and development of an individual under the age of 18
 - **Failure to provide psychological care** as an example for Neglect
 - Treating “PSYCHOLOGICAL ABUSE” or “ABUSED PSYCHOLOGICAL FUNCTIONING”

+ Identifying the Condition to Treat

- What are the basis of identification?
 - No universally agreed definition, among professionals and society
 - Difficult to define the evidence
- Which vantage point to take?
 - Psychological maltreatment vs suboptimal parenting
 - Relationship-based vs Incident-based
 - Caregiver's behaviour vs Child's disturbed behaviour





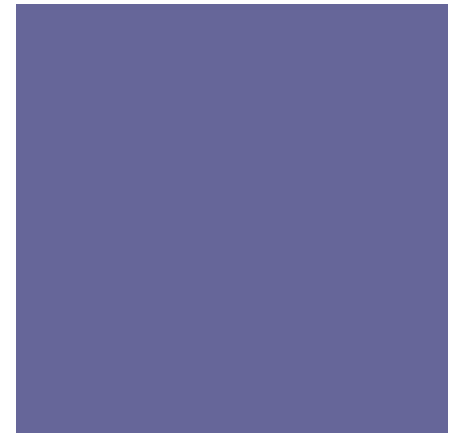
Identification as a challenge to Treatment



- Ill-defined condition can render it difficult to develop treatment in a systematic manner
- Difficulties in building up evidence to inform practice



What do we
know?





Basic Assumptions in Psychological Intervention



- Abusive experiences carry Negative outcome on child development
- Negative impacts carry a cost
 - Undesirable parenting for the next generation
 - Increase of vulnerabilities to mental health problems that potentially goes beyond the index family
 - Decreased productivity of the society



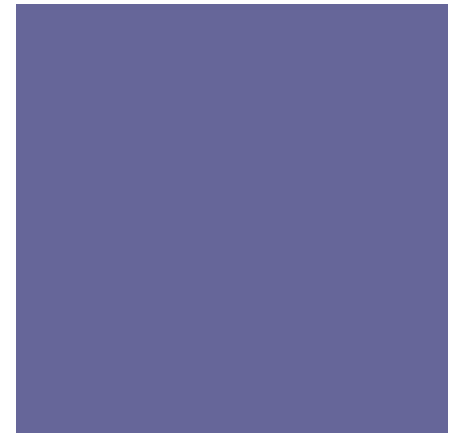
Bases for Psychological Intervention



- Child abuse literature – may not be specific to psychological abuse per se at this stage
- Child trauma literature
 - Complex trauma : exposure to multiple traumatic events with impact on immediate / long-term outcomes
 - E.g. abuse, witnessing domestic violence, ethnic cleansing, war



The known Challenges



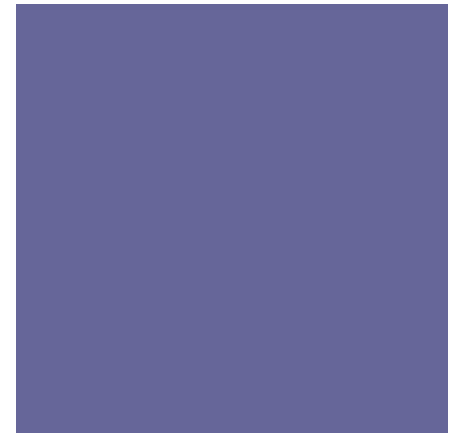
+ Challenges



- Problematic Commitment for treatment
- Multiple ongoing stressors
- Co-occurring conditions



The known Requirements



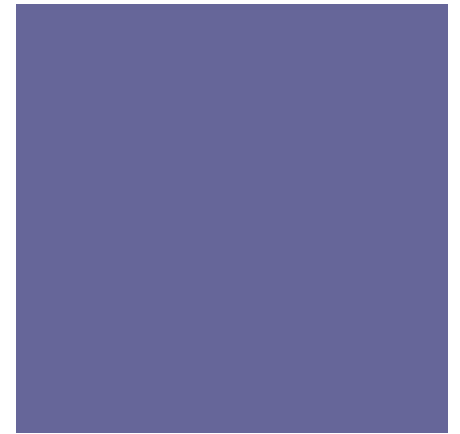
+ Qualities to match with the Complexity



- Comprehensive assessment is a prerequisite
 - Information from multiple sources required
- Target for the ONSET, MAINTENANCE, CONSEQUENCE of abuse
 - A clear Formulation required
- Multi-systemic & multi-model & multi-phasic
 - Priorities setting required
- Tailor-made for the needs, abilities and differences of individual families
 - Flexibilities and understanding required
- Involvement of caregivers regarding intervention planning
 - Humility and practicality required
- Developmental perspective
 - Broad understanding /knowledge required



PSYCHOLOGICAL INTERVENTION: THE JIGSAW TO PICK





Possible directions

+ Possible Directions/Foci



- The environment
 - Safety
 - Facilitative for restoration of well-being
- The caregiver
 - Mental health issues
 - Education for awareness
 - Reappraisal of parenting role
 - Skills build up
- The child
 - Mental health / developmental issues
 - Overcoming the impaired functioning
 - Working through the traumatic experiences
- The relationship
 - The attachment



+

DIAGNOSED CLINICAL DISORDERS



Potential Clinical Disorders



- Trauma- and Stressor-Related Disorders

- Reactive Attachment Disorder
- Disinhibited Social Engagement Disorder
- PTSD
- Acute Stress Disorder
- Adjustment Disorders

- Panic Disorder

- Somatic Symptom Disorder

- Depression

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COMPLEX TRAUMA

+ Impact of Complex Trauma on Psychological Development

- Attachment
- Affect regulation
- Dissociation
- Behavioural regulation
- Self-concept





Components of Complex Trauma Intervention (1)



- Safety
- Self-regulation: capacity to modulate arousal
- Self-reflective information processing:
 - Construction of self-narratives
 - Reflection on past & present experience
 - Development of skills in planning and decision making



Components of Complex Trauma Intervention (2)



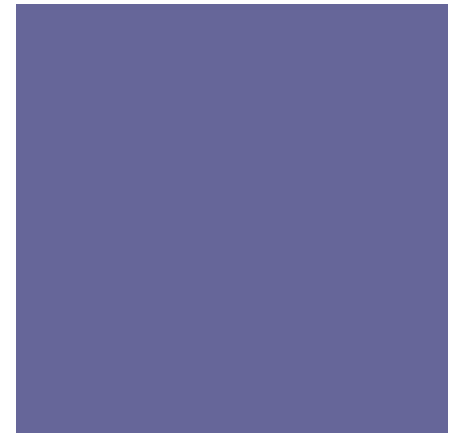
- Traumatic experiences intergration
 - Resolve traumatic reminders & memories
 - Symptom management
 - Development of coping skills
 - Cultivation of present-oriented thinking & behaviour

- Relational engagement
 - Forming appropriate attachments
 - Development of critical interpersonal skills
 - Assertiveness, co-operation, perspective-taking, boundaries, limit-setting, reciprocity, social empathy, capacity for physical & emotional intimacy

- Positive affect enhancement
 - Enhancement of self-worth, esteem & positive self-appraisal



ATTACHMENT



+ Attachment as the Focus



- For infants and toddlers in the main
- To enhance the build-up of attachment
 - ABC intervention (Attachment & Biobehavioural Catch-up) for 6 to 24 mth. children
 - Nurturance
 - Synchronous/contingently responsive parenting behaviours
 - Frightening behaviours



PARENTING SKILLS

+ Parenting Training



- Incredible Years Parent Program (5 curricula)
 - Promotion of parent competencies & strengthening parent-child relationships
 - Promotion of a safe home environment with predictable routines
 - Reduction of critical & physically violent discipline & increasing positive discipline strategies
 - Improvement of parental self-control, depression, anger management, communication skills & conflict management skills
 - Increase of family support networks
- Supplemented by
 - School readiness program



Build up of positive behaviours



- Positive reinforcement
 - Parenting skills to manage difficult behaviours

- Cognitive work
 - Deal with unrealistic beliefs/maladaptive interpretation of child's behaviours
 - Negative self-appraisal
 - Perception of parental duties

- Build-up of positive coping
 - Self-talk
 - Problem-solving

+ Components of cognitive therapy



- Identification of distorted / maladaptive thoughts
- Cognitive restructuring
- Stress management
- Pleasant activities scheduling
- Problem-solving
- Anger control



References



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