

WORKING WITH PARENTS VIRTUAL USE OF THE OAKLANDER MODEL IN A TIME OF CRISIS

Karen Fried, Psy.D., MFT Oaklandertraining.org

GLOBAL PANDEMIC

COVID-19 now spread worldwide

I.7M+ confirmed cases

Work and school online

Massive unemployment

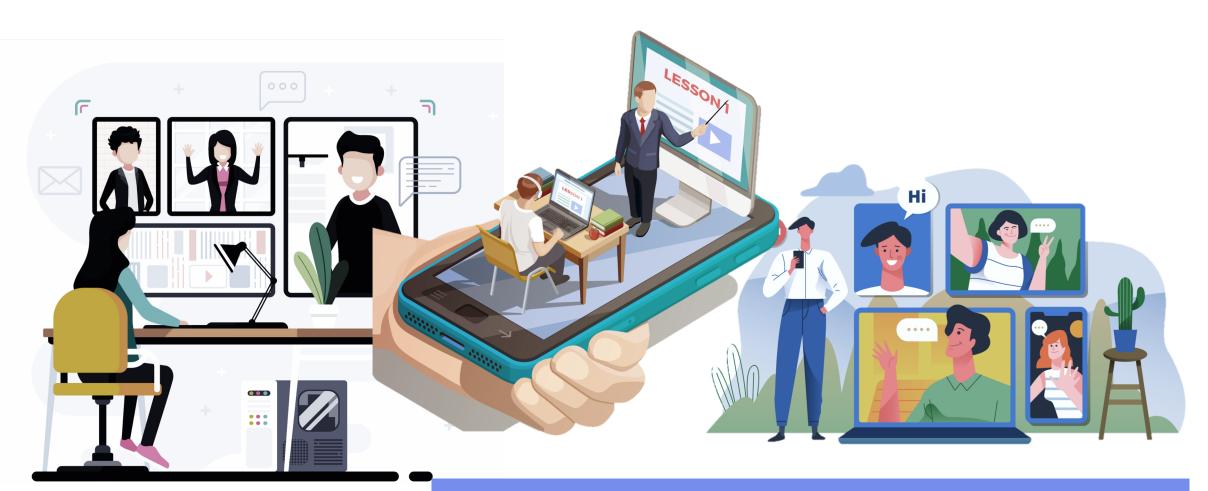
Distancing from older relatives / grandparents

AWHOLE NEW LEXICON

- Social distancing Shelter-in-place Essential activities Flattening the curve N95 masks • Masks for health care workers
 - Non-medical face masks for everyone else

Quarantine/Self-Isolation Ventilators (not in enough supply!) Viral shedding

SCREEN-TIME GOES FROM "NECESSARY EVIL" TO A "LIFELINE"



SCHOOL

SOCIALIZING

WORK

THERAPEUTIC RELATIONSHIP WITH PARENTS

I/Thou relationship – NOT just for now, always important

Unprecedented stress for parents, so may become

- Defensive
- Resistant
- Angry
- Guilty
- Overwhelmed
- Present for your sessions



TIPS FOR THERAPEUTIC RELATIONSHIP WITH PARENTS

- I. Balance between avoiding judgment/confrontation and making appropriate suggestions
- 2. Normalize and discuss anger and its "many faces" in the family
- 3. Family system is not the only system that affects children
- 4. Help parents set priorities
- 5. Take notes on your sessions, document legal and ethical issues
- 6. Emphasize importance of working as a team
- 7. Engage them to help strategize having private time with the child and/or the parents
- 8. Help process guilt feelings regarding what they can't do for their children

PRIORITIZE TREATMENT GOALS

Evaluate plan that's been in place and make adjustments

Assess for present level of stress in the household regarding risk factors:

- Health COVID-19 or other medical diagnoses, substance use/abuse, domestic abuse
- Finances, unemployment concerns
- Children/adolescent online education
- Impact of past issues on current situation
- Grief

Present virtual treatment plan – Just for Now

LIMITS AND BOUNDARIES: LISTS ARE DIFFERENT FOR EVERY FAMILY

AND

What must happen

Addresses health, safety, financial security

"So what"

Depends upon age and developmental concerns

- What they wear
- Amount of screen time
- Optimal learning at school
- Feet on the couch

LIMITS AND BOUNDARIES: KIDS CAN HELP

Regular, everyday chores and activities include:

- Cooking
- Cleaning
- Family games or movie-watching
- Time and space for being alone
- Activities with purpose, such as helping others
- Fun

PARENTS JOINING IN THE TECHNOLOGY WORLD

Parents Are Now Bored Enough To Learn TikTok Dances With Their Kids And It's Amazing

Social distancing, but together.



Lauren Strapagiel BuzzFeed News Reporter

Posted on March 25, 2020, at 11:05 a.m. ET

https://www.buzzfeednews.com/article/laurenstrapagiel/blinding-lights-tiktok-dance-challengeparents

REMINDER FOR PARENTS

Children raise their voices when they want to be heard.

Anger and angry expressions are a child's way of expressing the self.



PARENTING TIPS: DIFFICULT BEHAVIORS

Don't allow a child to hit you. If need be, hold their arms calmly.

Never hit or spank a child.

Allow tantrums, and stay with them.

Scream with the child, not at them.

Distracting very yound children can be helpful.

PARENTING TIPS FROM VIOLET

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VIOLET'S PARENTING TIPS -COMMUNICATION

Don't waste time teaching or explaining when you need to be firm. Wait for a calm time.

Use metaphorical stories to help them understand something.

Be brief. Be honest. Tell the truth.

Have fun and laugh with your child.



CONTACT

As with children, it may be more difficult to be in contact with parents. • Might need shorter half-sessions for check-ins.

Private space may be limited for parents as well as for children.

Consider postponing more private work.

WORKING PARENTS CONCERNS

https://www.youtube.com/watch?v=Mh4f9AYRCZY

TELE-HEALTH CONCERNS

Take care of legal and ethical matters

- Session timing
- Secure online payment
- Consent forms
- Limits of confidentiality
- Geographical area your license covers

Consider a reduced fee

PARENTS' REACTIONS TO CRISIS

Likely predicted by previous type of functioning:

- Anxiety pervasive worry; discussing dire news and potential dire outcomes of COVID-19; excessive media exposure
- OCD a need for sterile conditions that places stress on the family
- Depression withdrawal from family life; excessive irritability/impatience
- Denial minimizing and dismissing the news and current restrictions; going to work; ignoring social distancing; allowing children's social activities
- Anger irritability; outbursts; emotionally or physically abusive behaviors

TREATMENT PLAN: CASE #I ONE ANXIOUS PARENT AND ONE ANGRY/MINIMIZING

- Validate both reactions everyone's anxious and the feeling of anger is appropriate.
- 2. Encourage a united front Just for Now
 - Children benefit
- 3. Make a plan for logistics
 - Health and safety guidelines according to CDC (NOT WhatsApp parent groups)
 - Limits and boundaries about what gets discussed
- 4. Set aside previous relationship issues Just for Now

TREATMENT PLAN: CASE #2 SEPARATED CO-HABITING PARENTS, ONE CALM/ANGRY AND ONE DEPRESSED

- I. Consider and address legal issues.
 - Obtain release to speak with attorney.
 - Consult regarding plan of cohabituating parent for safety and consistency for children.
 - Schedule time in common areas
- 2. Set Just for Now schedule.
 - Divide up time with children.
 - Limit any conversation to matters of health and safety only.
- 3. Make contingency plans.
 - Avoid conflict that could escalate.

TREATMENT PLAN: CASE #3 CLOSE COUPLE, ONE RECOVERING FROM HEALTH CRISIS AND ONE CAREGIVER

- I. Acknowledge year 2 of trauma
- 2. Virtual help for childcare
- 3. Safe space activity
- 4. Prioritize rest, self-care

GENERAL TIPS JUST FOR NOW

Manage stress

Relax academic expectations

Prioritize family time

Assign chores in a spirit of fun

We are ALL experiencing unprecedented levels of stress
Children listen to how we say something more than what we say

Children are learning virtually, but it's less effective

- Go through old photo albums; make photo albums together
- Movie night or game night
- Bake cookies
- Play music
- Work together
- Let the child(ren) make a chore chart

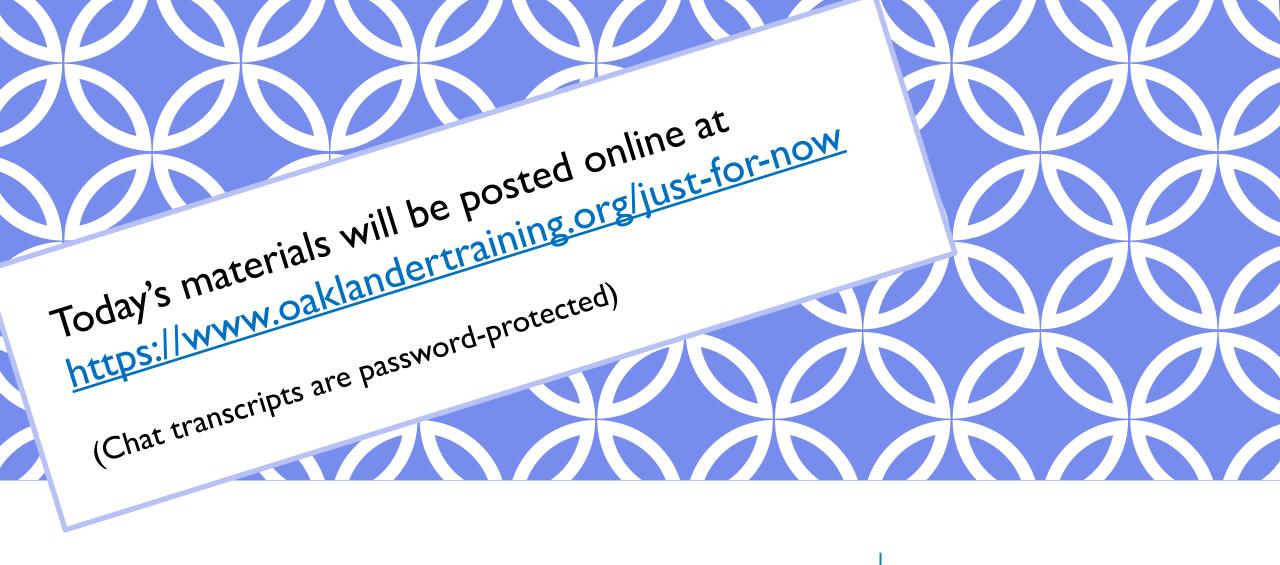
GENERAL TIPS ON HOME-SCHOOLING

Parents are usually witnessing their children's school day for the first time.

 Helpful to be present to ensure materials are available, they're ready on time, have their meals, etc.

When possible, avoid being the "2nd teacher."

• Difficult to watch lagging processing time, misunderstanding, careless errors, etc.



THANK YOU Questions?

IF YOU HAVE MORE QUESTIONS...

- Email <u>karenfried@kandmcenter.com</u> to receive details on future Sunday Supervision/Consultation sessions
- 9:30-11:30 am PT
- No charge for these sessions during this time