

Integrative Child therapy

1. The integrative approach.

The essence of different therapy models is merged into an overarching model.

Six explanatory models are used.

Each therapy model deals with an aspect of human existence.

We do not think one-sidedly based on explanatory models, but we learn to apply all models creatively and flexibly.

The greatest common factor of all models is the human being, the child.

1. The medical/physical model.

The therapeutic strategy of the medical model is focused on the body. The complaint is treated by addressing the supposed physical disorder. Under the influence of the medical model, psychological complaints are also treated by influencing the body.

2. The behavioral model

This therapy focuses on the relationship between:

- cognitions (what we think)
- emotions (how we feel)
- behavior (what we do).

3. The transpersonal model

This model focuses on the spiritual dimensions of existence, the soul of the human being.

4. The system model

The model focuses on the interaction between two or more people belonging to the same system.

5. The stress model.

The ability to solve problems flexibly is essential for the stress state. If the individual fails in this, problems will occur, which manifest themselves on a behavioral, psychological and physiological level.

6. The psychodynamic model

The theory model focuses on the inner processes and sees the human being as a dynamic force field. It is these forces that together form the experience and action of man (concept psychodynamic).

2. Traumatherapy

The Adverse Childhood Experience Study (ACE Study), which was an international survey of over 17,000 people, identified negative experiences from childhood. These "traumatic" experiences appear to have a detrimental influence on psychological, physical, neurobiological, and relational functioning.

**Relationship
between early
childhood
trauma and
health and
well-being
problems
later in life.**

**Source: World Health
Organization**



In the treatment of children and adolescents, a thorough assessment is carried out to identify possible traumatic events.

The complaints are understood from this developmental history.



Image: Trauma Therapy

An important starting position when working with children:

Child can do it!

Child knows it!

Child does it!

Attitude of the child therapist:

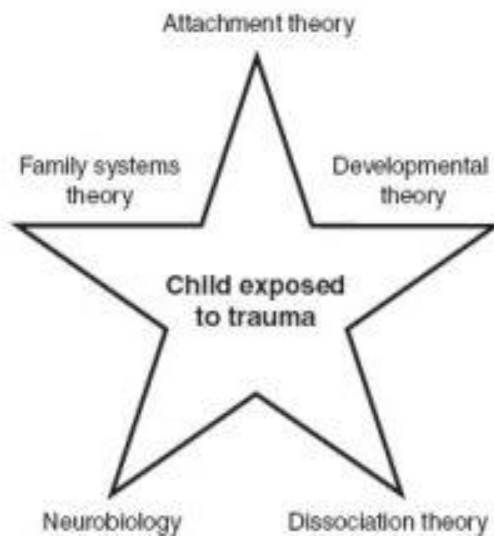
- Establishing connection with the child.
- Respectful non-judgmental attitude.
- Empathic reflection of the internal world of the child.
- Establishing an equal relationship.
- Creating a safe environment.

Treatment model

Treatment is based on the Star Model (Waters, 2016)

In the treatment the different theoretical modalities are merged: the attachment theory, the development theory, the family system theory, the dissociation theory, and the neurobiology.

Star Theoretical Model for assessing and treating childhood dissociation based on five theories



The therapeutic relationship is a cornerstone of the treatment.

Procedure:

1. Intake and report (first interview with the parents)
2. Exploration and diagnosis.
3. Treatment plan and therapy
4. Evaluation and completion (interview with the parents)

Parents:

Parents are actively involved in the treatment in this sense:

Individual therapy parent(s)

Where the parent gets to work with his personal unprocessed trauma history.

Parent counseling

The parents are guided during the session to build a safe attachment relationship with the child.

Parent-child therapy:

There can be joint sessions with child and parent(s).