

Centrum voor Kinder- en Jeugdpsychiatrie

Herlaarhof

The Phase Treatment (Fasenbehandeling)

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Onderdeel van

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CENTRUM

Entanglement trauma within families

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- Dependence
- Unsafe Attachment
- Traumatized parents
- Mentalisation
- Ongoing traumatising process

Stop this process

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- **Physical separation**
- **Treatment of child and parent(s)**
- **Relationship with staff**

Target group



- **Severe trauma child and parent(s)**
- **Entanglement**
- **Motivation and possibilities**
- **Age <12**

The Inpatient treatment model

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- Since 1998
- Inpatient treatment child 1-1,5 years
- Outpatient treatment parent(s) and siblings
- Treatment in phases
- Processing unresolved trauma and improve attachment

Phase 1: preparation

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- **Assessment (TSI)**
- **Extended family**
- **Support systems**
- **Establishing working relationship**

Phase 2: Gaining control (3 months)

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- **Establishing Relationship**
- **Gaining control**
- **School**
- **Conflicts**

Fase 3: Understanding (3-6 month)

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- Triggering each other
- Treating the child
- Treating the parent
- Life story book

Phase 4: Practising new behaviour (6 month)

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- **Just enough anxiety**
- **Confrontation parent(s)**
- **Changing attitude staff**
- **Correcting experiences**
- **Contact moments**

Phase 5: Integration (6 month)

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- **Consolidate and integrate**
- **Future**
- **Saying goodbye**

Phase 6: outpatient (0-12 month)

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- Continuing therapy

Results

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- **5 years Phase treatment**
- **N=28**
- **69 % returned to live at home**