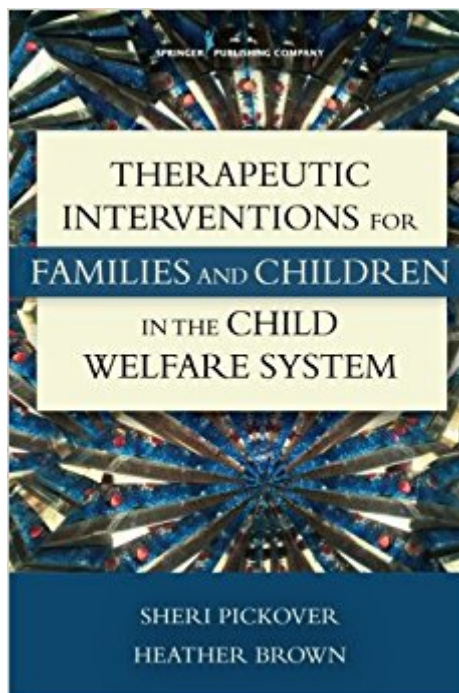




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# Therapeutic Interventions For Families And Children In The Child Welfare System



## Synopsis

This one-of-a-kind resource for mental health professionals covers treatment issues unique to children and families who have a relationship with the foster care system. With a focus on understanding how to navigate the complexities of the child welfare system, the book identifies and addresses mental health and behavioral issues specific to this population and provides proven, effective treatment interventions. It brings together in one place the myriad of current resources available to help such children and families, and addresses situations that span removal from the home to kin or foster care, reunification, adoption, or other permanent family connections. Broad in scope and depth, the text addresses treatment issues not discussed elsewhere, such as how to cope with acting out in the foster home, how to draft a behavior modification plan, and how to maneuver through the court process. It delivers evidence-based guidelines for engaging and collaborating with other professionals, addressing crises, and assisting with transitions. The book also discusses the use of medications and barriers to effective treatment. Strategies are directed at such specific issues as sexual abuse, physical abuse, substance abuse, neglect, trauma, and attachment. Of special interest is a focus on the worldview of the parties involved in the child welfare system, including the child, the family, the birth parent, and the foster parent. Chapters weave case studies, ethical issues, multicultural concerns, and current research into a highly accessible guide.

**KEY FEATURES:** Provides core information about the child welfare system for mental health professionals who work with this population Includes treatments that really work Illustrates, through case studies, how to combat common issues for the child welfare population and their families Describes strategies for engagement, collaboration, addressing crises, and assisting with transitions

## Book Information

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## Customer Reviews

Sheri Pickover, PhD, LPC, is an associate professor and counselor educator at the University of Detroit Mercy in Detroit, Michigan. She has trained clinical mental health, addiction, and school counselors for 11 years and has published several articles on effective clinical interventions. She also founded and acts as the clinical director of the University of Detroit Mercy Counseling Clinic, a training clinic providing free counseling to primarily court-mandated clients. She provides regular clinical supervision, and as former president of the Michigan Association for Counselor Educators and Supervisors, she co-developed and implemented a 30-hour clinical supervision training program. She began her career in mental health providing crisis counseling at a runaway shelter. After obtaining her master's degree in psychological services, she worked as an in-home family therapist, specialized foster care worker/therapist, foster home licenser, foster care supervisor, clinical supervisor, and delinquency supervisor over the course of 15 years. She testified in court cases, drafted petitions for termination of parental rights, and drove children in foster care to their doctor appointments. Dr. Pickover lives in Southeastern Michigan and enjoys biking and baking brownies for her students and colleagues. Heather Brown, MS, LPC, ATR, is an art therapist and child and family counselor in private practice. She started her professional career in Baltimore over 14 years ago and has worked as a therapist, trainer, artist, and program developer in a range of settings including a family shelter, special education, and youth development programs, in-home services, and community mental health agencies. After graduating from Eastern Virginia Medical School with her master's degree in art therapy, Heather moved to Detroit, where she served in a collaborative program providing for the mental health needs of foster children and their families through program development, assessment, treatment planning, advocacy, therapy, parenting classes, and professional trainings. She happily resides in Detroit with her husband and children. She loves the water, playing, dancing, making things and traveling with her good friends and family.

As a former foster care worker I found this book to be remarkable. The authors provide a detailed yet concise description of the foster care system. The reader is given a description of what abuse and neglect look like. For example types of physical, emotional and environmental abuses are outlined. We are then given a glimpse into the how referrals are made, and ultimately who decides

for a child to be removed from a caregiver. As you journey further you are given three beautiful gifts. These gifts include seeing the worldview of being in foster care from the perspective of the child, the parent and the foster parent. I call these gifts because as a former foster care worker the worldviews gave me new perspectives that I had not considered. I have personally seen foster parents present as emotionally cold. My reactions were not very empathetic. However after reading the book I see that their coldness may have been a coping mechanism to deal with the loss of having children placed and removed so frequently. The authors remind us of the tremendous trauma that takes place for all the parties involved and how each may respond differently. I highly recommend this book for anyone working with individuals and families that may be impacted by child welfare and foster care. Although the authors provide clinical interventions for therapists. I think even a foster parent could benefit from the information provided to better understand their role, that of the child, the parents and expectations of therapeutic interventions. The authors provide a straightforward writing approach that is easy to read and follow.

This is an essential book for new human service professionals looking for practical methods of helping and is essential for seasoned practitioners that want fresh ideas. The text is well-written and engaging. There are many case studies that really highlight the standards-based practices. I work as a school counselor in a high school and I am taking what I learned from these authors into my day-to-day interactions with students and parents. I also work as a counselor educator and I am strongly recommending my graduate students pay attention to this work.

Prompt shipping Andy delivery. Interesting read with helpful, concrete interventions.

This is the "go to" book for any mental health professional working with children and families who have a relationship with the child welfare system. It provides a particularly empathetic and detailed narrative of the child's and parent's experience of the system, and the psychological reactions, defenses and coping strategies that are engendered by this experience. Based on this narrative, this book then provides in-depth therapeutic strategies that sensitively address the issues that bring children and families to the attention of the child welfare system and the issues that are created or intensified by their involvement with the system. The case studies are compelling, insightful and rich in clinical detail. This book has contributed to the effectiveness of my work with child/family clients currently in the system and with adults who were involved with it as children. I recommend it not only to therapists who work within the child welfare system, but also to professionals in agency or

private practice who counsel clients with attachment, traumatic loss and trauma issues. Robert Fink, Ph.D.

Outstanding! This work should be an invaluable asset for anyone working with foster children - a real eye-opener into the need for "perspective checks" on the part of counselors who may struggle with empathy. This would be an ideal asset for training programs, from a local group of counselors to university courses.

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