Breakout Session I

Thursday October 4th, 2018
9:00 am – 10:00 am

Breakout Sessions:

Ethical Considerations for Frontline Clinicians: Helping Your Staff Navigate the Tough Stuff. Stephanie Glickman, FCT Foundation (Selwyn 1)

This experiential workshop will engage participants in addressing the ‘tough stuff’ that arises with providing FCT services. We will explore situations of home-based work, car-based offices, and additional ethical circumstances our clinicians face inclusive of our collaboration with collaterals. We will draw upon current situations, utilize role plays, and aim for participants to leave the workshop with practical solutions to existing dilemmas. This workshop will involve active participation and meets the criteria for Ethics continuing education credit towards licensure.

Sadness, Despair and Depression: Family Centered Interventions that Work. John Sullivan, FCT Foundation Board President (Selwyn 2)

The current mainstream approach of medicating emotional disturbances is not working as promised. This workshop will review practical and effective approaches that are especially powerful when incorporated into the Family Centered Treatment model.

Use of Self-Managing and Enhancing the Therapeutic Process. Eugene Yomofio, First Home Care, Inc. (Barringer 3)

Most clinicians have had that one client they love to work with and can’t wait for their next session and that other client they dread to see and spend several minutes stress-breathing before going into a session. The question is, why do we advocate for and empathize with some clients and excessively challenge and even chastise others? Why do we struggle discharging some clients but can’t wait to get rid of others? Individual and Family therapy requires the development of some of the most complex client-worker relationships in the Human Services profession. USE-OF-SELF is a sobering and reflective topic that examines how clinicians can sharpen their skills at managing their personal experiences and baggage to further the Therapeutic Process.

How Does FCT Work? The State of the Evidence. Charlotte Bright, University of Maryland (Barringer 4)

This presentation describes a series of studies on FCT’s effectiveness and impact. The first study describes findings about cost, fidelity, and effectiveness with a Maryland juvenile justice sample. The second study extends research to subgroups of youth with known child welfare histories prior to juvenile justice involvement, and the third study is qualitative research with FCT providers and supervisors on infusing trauma-informed care into FCT service provision. In Maryland, FCT is implemented with a high degree of fidelity. Research shows a positive effect of FCT relative to group care in terms of cost and criminal justice involvement for juvenile court-involved youth, but inconclusive results regarding youth with both child welfare and juvenile justice histories. Qualitative interviews find that the trauma focus within FCT is very strong, and that providers are very intentional about responding to and resolving trauma. Providers experience some systemic barriers to trauma-informed care in juvenile justice populations. Following the presentation of results, there will be group discussion about research-informed practice and practice-informed research.