

Engagement

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What is Engagement?

- An appointment or arrangement to be somewhere or do something at a particular time
- An agreement
- An encounter
- The act or state of interlocking

Engagement in therapy

- A process, not an event, that is on-going (Liddle, 1995)
- Alliance is a key ingredient
- “The initial engagement is more of a promise than it is experienced...therapists try to convince a parent that she should try again.”
(Liddle, 1995, p. 53)

Be careful not to assume someone is unmotivated (Liddle, 1995)

- Embarrassment, guilt
- Tried many things as a parent with no success
- Previous life failure
- Previous treatment failure
- Feelings of powerlessness or ineffectiveness
- Lack of experience of being welcomed into experience

Tips re: engagement (Liddle, 1995)

- Identify something meaningful to the caretaker
- Develop a reason for involvement
- Develop a supportive relationship
- Think about addressing emotions, cognitions and behaviors
- Appreciate the difficulty of the task
- Identify something you find positive in child
- Start with a small task

What can we learn from MST?

(Henggeler, et al)

- Identify barriers and strategies to overcome those
- If your intervention isn't working, then you haven't identified all the factors in play
- The need to problem solve is to be expected
- There is an expectation that there is a solution

Monitor our own emotions

- Fear
- Sense of incompetence
- Being overwhelmed
- “Therapist frustration can lead to negative attributions that reinforce blaming and may prompt confrontation that, in turn, strengthens resistance.” (Stern, 1999)

Rose vignette

- What might be the barriers to involving her mother? What might be the most important ones?
- Strategies to overcome those?
- What can you say about Rose and/or her mother to encourage mother?
- What can you offer mother?

Brian vignette

- What might be the barriers to involving his mother? What might be the most important ones?
- Strategies to overcome those?
- What can you say about Brian and/or his mother to encourage mother?
- What can you offer mother?