

FILIAL THERAPY

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Seminars Group

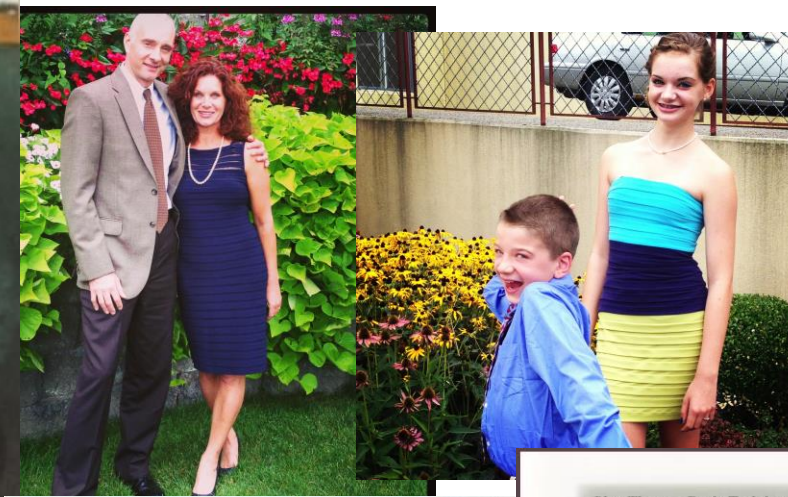
Dr. Jodi Mullen PhD, LMHC, RPT-S

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Counseling & Psychological Services Department



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Freakishly Well-Behaved Kids

Dr. Mullen shares BLISSFUL PARENTING principles for raising freakishly well-behaved kids. She has learned the principles directly from children. Listen in to get straight talk about parenting from a different perspective-- ...

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On-Demand Episodes

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Strategies that will Help Children when they're Angry

Strategies that will Help Children when they're Angry in families anger can be contagious. As parents and caregivers, it is upsetting to when your children react with anger towards you, siblings, others and even themselves. In this show will...

by **Freakishly Well Behaved Kids** in **Parents** 4 weeks ago

How YOGA can help kids (and parents).

How can the elements of YOGA practice benefit kids? Is it just hype or does it really help? In this podcast I will interview Penny Lupo, Mental Health Counselor, Yoga Therapist, and Yoga Instructor. She will help us understand how

by **Well Behaved Kids** in **Parents** 2 months ago

Helping kids cope with grief & loss.



Play Therapy Basic Training Workbook:

A guide to learning and living the Child-Centered Play Therapy philosophy

Jodi Ann Mullen PhD LMHC NCC RPT-S

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PLAYTHERAPY.

Volume 8, Issue 3 • September 2013

10 TIPS
FOR GROWING A
PLAY THERAPY
PRIVATE PRACTICE

Top Ten Ways to Reduce Client Drop-Outs and No-Shows
Playing with Words
Program Insights
Leadership Academy



Counseling Children and Adolescents through Grief and Loss

Jodi J. Fiorini
Jody Ann Mullen

www.jodiannmullen.com

AN INTRODUCTION:



- Filial Therapy was developed by Bernard and Louise Guerney and can be defined as a family focused play intervention that uses the relationship of the primary caregiver.
- Its aim is to enhance a child-parent relationship.
- This type of therapy focuses on empowering the parent with new ways to communicate and interact with their child.
- Filial Therapy helps ease the anxiety of prior miscommunications in the relationship by directly focusing on the parent understanding their child.





Introduction Continued



- Filial Therapy is an education/ skill-training model.
- It focuses on the respectful acknowledgement of parents being the major influence on their child's life.
- That parents can be an **effective change** agent for their children.
- Arguably, if trained, parents can be (**at least**) as effective as Play Therapists for their children.



FOUR SKILLS OF FILIAL THERAPY

- 1. **Structuring**- setting boundaries in the room or house.
- 1. **Empathetic listening**- taught to track and reflect child's behavior in playroom.
- 1. **Child-centered imaginary play**- Be non-directive, just watch and follow.
- 1. **Limit setting**- rules to ensure personal safety and basic respect for property. Aggression should be able to be played out, but no destroying home or toys.



happy
beach
trick



dancey
Andrea



angry
Mom



silly
dad



GOALS OF THERAPY

- **For parents to learn effective listening.**
- **For parents to respond to their child's emotions.**
- **To learn tools to build their child's self esteem.**
- **For parents to learn how to set therapeutic limits.**
- **To utilize the principles of play therapy through at-home sessions.**
- **To be authentic and accepting of their child to provide an understanding atmosphere where the child will feel secure and can explore their own emotions.**

FILIAL GROUP THERAPY

- The learning process of this therapy involves a group of parents and one therapist.
- The therapist outlines the process and how to construct play sessions along with processing each parent's emotions.
- This group provides supportive therapy through the use of peers going through similar circumstances.
- Filial Group therapy sessions last around 18 months.
- Parents give and receive feedback on a weekly basis.



FILIAL GROUP THERAPY CONT.



- Research shows that it is common for parents to not have the communication skills required to meet their child's emotional needs.
- Parents who participate in this therapeutic process are then allowed to conduct play sessions at home with their child.
- Therapist and peers examine the play session and give feedback.
- Play sessions with their child should be scheduled once a week.

OUTCOMES OF FILIAL THERAPY:

- Parents learn to put their child's feelings and needs first.
- Over time, parents learn to set limits.
- Parents can engage their child in consistent and dedicated play sessions.
- Create an environment where child feels accepted.
- Child learns to express themselves in a socially adaptive and acceptable manner (learned through limit setting.)
- Child sees relationship with parent in a new way that strengthens their attachment to the parent.



OUTCOMES CONTINUED...

Parent's learn to:

- acknowledge children's feelings
- allow child self direction
- engage in their child's expression of emotion and behavior.

Children learn to:

- control maladaptive behavior
- work out their aggressive feelings
- initiate more
- engage parents constructively.



WHO CAN LEARN FILIAL THERAPY?

- **Any parent** willing to put the time and effort into learning it & those who are not a sex offender.
- Studies have shown success in parents who learn Filial Therapy, with child who are developmentally delayed.
- Positive outcomes have been shown through filial therapy with different culture groups, incarcerated parents, and non offending caregivers of sexually abused children.






PARENTS WHO LEARN FILIAL THERAPY...

- Can use it as a preventative tool to strengthen the family.
- Can be used as a therapeutic intervention for many child/family issues that arise, such as:

anxiety, depression, abuse / neglect, single parenting , adoption / foster care/ kinship care, attachment disruptions, high conflict divorce , family substance abuse , traumatic events, oppositionality, anger / aggression problems, chronic medical illness, step parenting , relationship problems, multi problem families



LONG TERM EFFECTS

- If parents can become more child-centered, they can improve the safety and security of family relations and context that will carry throughout development.
- Play in childhood can impact adolescents as they transition to adulthood.
- Emerging adults will look back on their attachment as a child to their parent as a reference for their attachment and parental dependency later in life.



LONG TERM EFFECTS CONT.

- Positive effects of play on cognitive, social, emotional, and behavioral functioning in children.
- Parent-child playtime strengthens parent-child bond.
- A study performed by the Department of Psychology at Mississippi State revealed that perceived playtime significantly predicted adaptive mental health adjustment in young adulthood.
- Also, positive playtime directly predicted levels of psychological functioning during critical life transition.



BECOMING A FILIAL PLAY THERAPIST

- NIRE- National Institute of Relational Enhancement
- <http://www.nire.org/professional-training-supervision-and-certification-programs/filial-therapy/certification-in-filial-therapy/>
- 26 hour tapes need to be submitted to a supervisor.
- Must have a child-centered play therapy background and a Master's Degree in a Mental Health Field.



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HOW TO FIND ME...

📍 www.jodiannmullen.com

📍 www.integrativecounseling.us

📍 Jodi.mullen@oswego.edu EMAIL

📍 <http://www.blogtalkradio.com/freakishlywedkids>

PARENTING POD CAST

📍 Twitter: @drjodimullen

📍 Instagram: drjodimully

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