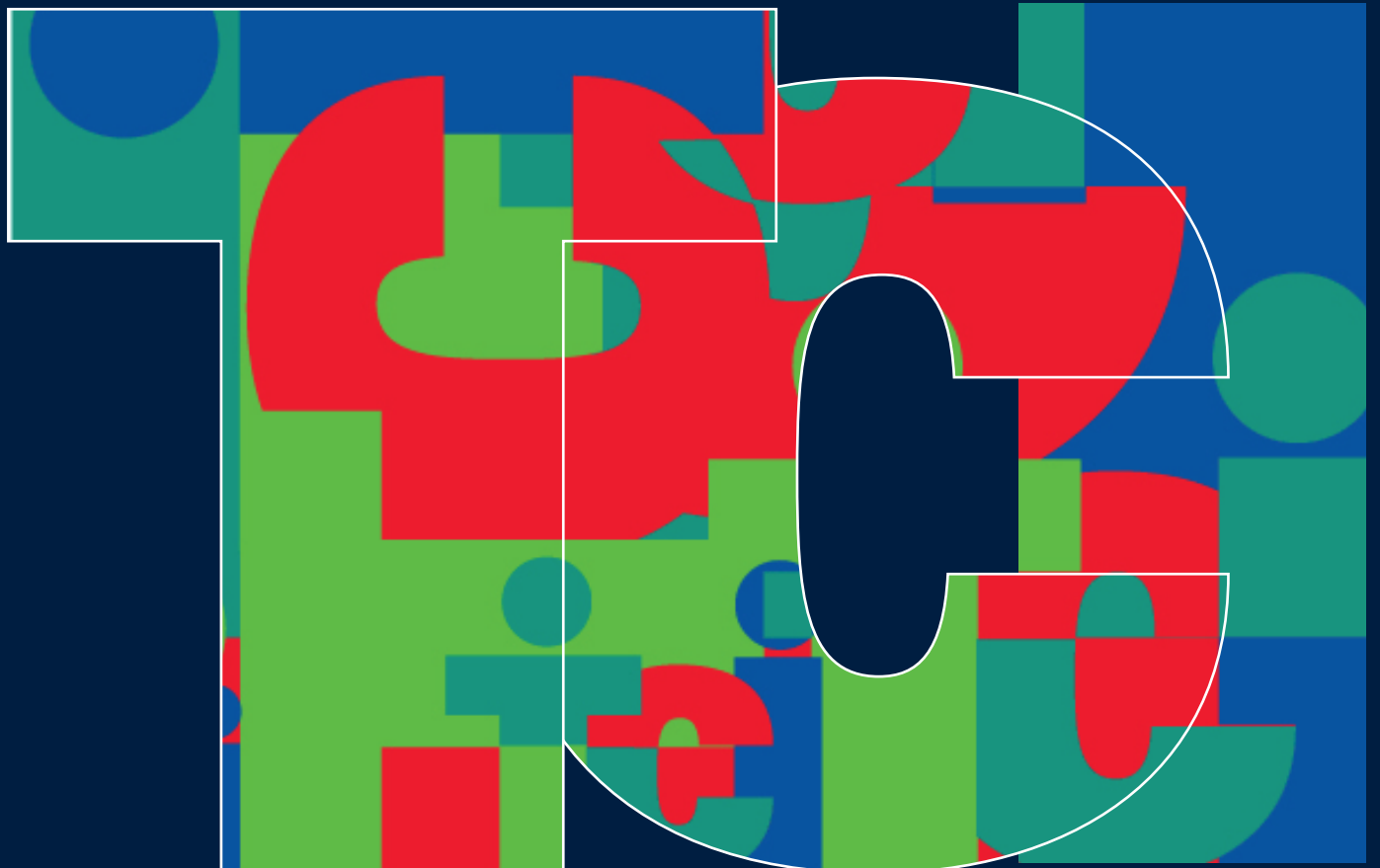




The Therapeutic Crisis Intervention System for Families



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Information Bulletin

Residential Child Care Project

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Therapeutic Crisis Intervention for Families

Many children placed in foster care, kinship care, adoptive care and many families that are receiving in-home supportive services or day treatment have been exposed to many forms of trauma, including abuse, neglect, poverty, racism, family violence, and/or community violence. These children and their families are at risk for the development of one or more behavioral or emotional disorders. Children who have experienced ongoing neglect or abuse will most likely have developed adaptive behavior patterns to try to minimize their abuse and neglect.

One of the most critical skills for these families who are caring for challenging children in their homes is to teach children to manage their feelings of frustration, anger and loss in more socially and developmentally appropriate ways. Therapeutic Crisis Intervention for Families (TCIF) stresses crisis prevention and crisis de-escalation in ways that help children learn to avoid losing control.

TCIF helps adults to:

- Prevent or de-escalate crises
- Acquire the skills and knowledge to help children improve their coping strategies
- Use crises as an opportunity to help children learn and grow

The TCIF program includes:

- Research on trauma, attachment, and the brain
- Strategies to help a traumatized child avoid stress and remain calm
- Ideas to help adults remain calm even when faced with extreme behavior
- Techniques and ideas to respond with sensitivity to a child's feelings and needs and to build relationships
- A wide range of practical skills to help children and de-escalate challenging behavior

TCIF is not just a training course but a system that helps agencies provide practical support and advice to foster parents. The training consists of 7 sessions. Each lasts around 3 hours and is based on the latest ideas on how to make adult education fun – but effective.

SESSION 1

- The effects of trauma on children.
- Helping a child stay calm – preventing challenging behavior. **SESSION 5:**
- Choosing intervention strategies based on observation and assessment.
- Calming an emotional outburst using emotional first aid.
- How to avoid getting caught in a power struggle.

SESSION 2

- Assessing and understanding an incident. Responding to feelings and needs, not just behavior.
- Self-awareness – and keeping calm.
- Creating a calming environment and avoiding conflict over household rules and boundaries.

SESSION 3

- Five different ways to interact with children: being an organizer, an ally, a listener, an authority figure and a teacher.
- Developing active listening skills.

SESSION 4

- Negotiating with a child over problems with routines and expectations.
- Behavior support techniques to calm an agitated child.
- Understanding the potential harmful effect of punishment on a traumatized child. How planned positive and negative consequences can help a child learn.

The Residential Child Care Project (RCCP) at Cornell University, Ithaca, New York, has provided training in therapeutic skills to foster parents for over 20 years. The RCCP is non-profit organization that develops training based on current evidence and research, both at the university and around the world. The program is used by hundreds of agencies in the US, Canada, Britain, Ireland, Australia, New Zealand, and Israel.

SESSION 5

- Choosing intervention strategies based on observation and assessment.
- Calming an emotional outburst using emotional first aid.
- How to avoid getting caught in a power struggle.

SESSION 6

- The importance of non-verbal behavior in a crisis.
- What to think, what to do and what to say when de-escalating extreme behavior.
- How to talk to a child after an incident to help the child develop coping strategies to deal with stress (the Life Space Interview.)

SESSION 7

- Practising de-escalation and the Life Space Interview.
- The shortened LSI for younger children.
- Working as a team to write, and adapt as necessary, brief written behavior support plans.

What does the TCIF TxT Look Like?

The intensive five-day TCIF train-the-trainer program gives agency trainers the tools to teach crisis prevention strategies and crisis intervention techniques to adults who care for children in their homes. Trainers are prepared to coach learners during skill practice sessions, to use role playing, to facilitate small group discussions, and to handle resistance to training. There are opportunities to practice activities and to gain immediate training experience in the subject matter.

Day 1 Defines crisis as an opportunity for the child to learn new coping skills, examines the effects of trauma on children, explores how awareness of self and the child and the environment relates to crisis prevention, and discusses how to assess a crisis situation.

Day 2 Examines how managing the environment, setting clear expectations, and using active listening skills can prevent crises and presents different ways to approach children when intervening.

Day 3 Practices behavior support techniques and giving emotional first aid, examines how to negotiate rules and expectations, discusses the use of consequences, and demonstrates how to assess what children need.

Day 4 Teaches how to avoid power struggles, Life Space Interviewing and practices crisis co-regulation techniques to defuse a potentially violent/aggressive situation.

Day 5 Examines how to modify the Life Space Interview for children with communication deficits, develops individual crisis management plans and tests participants for certification.

TCIF Trainer Certification Process

The Residential Child Care Project has a certification process for TCIF trainers. Please note that all participants must pass the certification requirements during the TCIF training in order to train TCIF. Attendance alone does not qualify a participant to be a TCIF trainer.

Who Should Attend the TCIF Training of Trainer?

Trainers, administrators, supervisors, foster and adoptive case workers and providers interested in training crisis prevention and intervention techniques to caregivers.

If you are interested in bringing TCIF to your agency, please contact:

**Andrea Turnbull at ajt78@cornell.edu, or
Alissa Medero at ab358@cornell.edu**

For more information about the Residential Child Care Project,
please visit our web site at <http://rccp.cornell.edu>

