

'USING VIDEO-INTERVENTION TO HELP TRAUMATIZED PARENTS MENTALIZE THEIR SMALL CHILDREN', 6th – 7th Oct, 2022 in Helsinki, Finland

CAVEAT stands for "Clinician Assisted Videofeedback Exposure Approach Therapy" and is a 16-session manualized psychotherapy for mothers and fathers who have experienced interpersonal violence (i.e. physical and sexual abuse, domestic violence) and who have developed related posttraumatic stress disorder (PTSD) and their young children ages 1-3. This psychotherapy developed by Sandra Rusconi Serpa, Prof Schechter and colleagues in Geneva is based on the consultation technique (CAVES or Clinician Assisted Videofeedback Exposure Sessions) that Prof. Schechter developed while at Columbia University Medical Center in New York in which following a two-session parent-infant/child evaluation, parents, without the child present, are asked to remember their and their child's experience in the previous session of observed, filmed dyadic interaction that includes free and structured play, separation, reunion and exposure to novelty. Thereafter, the therapist who has prepared brief 30-second excerpts of that film begins with the most reciprocal and pleasurable moment of interaction and the proceeds to videofeedback after which the therapist asks a series of open ended questions that are meant to model and stimulate existing capacity to mentalize, The next excerpt is a moment of elicited child distress (i.e. separation) with the same series of questions that the parent can learn to ask herself after the heat of stressful interactive moments with her young child. This CAVES/CAVEAT models build on foundations provided by evidence-based parent-infant psychotherapy and PTSD treatment models including: Child-Parent Psychotherapy, Interaction Guidance, Minding the Baby/Mothering from the Inside-Out, and Prolonged Exposure Therapy for PTSD, all of which will be discussed during the course of training.

The training is suitable for social and healthcare professionals working therapeutically with parenting, parent-infant interaction and families

The training comprises two parts:

1. **Thursday 6.10. 9 – 10.30 a.m. Conference:** Traumatized parents can change their minds about their toddlers – what we know from longitudinal research of mothers with violence-related PTSD and their children. Participation: live or via video
2. The training continues as **a clinical workshop: Application of the CAVES/CAVEAT model** (max. 20 participants). The workshop attendees will also participate in the Conference. Participation: live

Location: SOSTE, Yliopistonkatu 5, 6. krs, Helsinki

Kouluttaja: **prof. Daniel Schechter**

Deadline for enrolment: **19.8.2022**

#### Day one (Thurs 6th Oct, 2022)

9 – 10.30 Conference: Traumatized parents can change their minds about their toddlers

Research thus far on the CAVES: What we know and don't yet know but want to know. One hour with classic case example.

10.30 – 10.45 Coffee break

10.45 – 12.15 CAVES as a form of test or trial intervention embedded within a 3-4 session evaluation.

- How to do the evaluation, useful measures, basics of video feedback with elements of interaction guidance. Of course there can be short breaks during this time.

12.15 – 13.15 LUNCH

13.15 – 14.45

- Previous theme continues
- Going into more depth on the CAVES with a case reported by Sandra Rusconi and Schechter

14.45 – 15 Break

15 – 17 The final two hours of the day go into the CAVEAT model Phases 1-2 with case presentation.

End of day one.

Day 2 (Fri 7th Oct, 2022)

9 – 10.30

- Questions about yesterday
- a brief review of CAVEAT model and then continuation with discussion of Phase 3.

10.30 – 12.00

- Phase 4.
- Maintenance and evaluation post-treatment. Review of needed skills and caution as manual in evolution.

12 – 13 Lunch

13 – 14.30)

- Case presentation by attendee(s).
- Thinking about application of model.
- Final Discussion

End of Workshop