

# Family Work in Practice

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# Aims of Presentation

- Evidence and discuss good practice in action.
- Reflect on practice.
- Awareness of intrinsic factors and interplay with practice.

# Background to my family work

- An established family intervention service in Northallerton.
- Access to supervision.
- Bsc course in PSI at University of York.

# Current Service in Northallerton

- Group of interested and expert practitioners
- Monthly meetings
- Supervision
- Best practice group links
- Training strategy
- Annual reports
- Service has worked with 37 families since 2002.

# Supervision Group in Northallerton

- Present a current family to group
- Any stage of work
- Formulation
- Problem solving
- Supportive
- Educational

# Family Presentation Is Based On

- “J” is index client.
- Sister, brother in law , 3 daughters.
- 6 sessions so far.
- Intervention has focused on information giving and discussion and relapse prevention work.

# Model of Family Work

- Based on a Cognitive Behavioural Model as detailed by Barrowclough and Tarrier in Families of Schizophrenic Patients – A cognitive behavioral perspective.

# Structure of Sessions

- Based on The Family Intervention Scale for Psychotic Disorders ( modified) McGovern, Barrowclough and Bradshaw.
- Contains 11 core session items and 7 intervention items.

# Areas of Best Practice

- **Assessment**
- Flexible, creative, respecting families points of view, collaborative, listening to families needs and questions.
- “ How can we stop it happening again?”
- “ What can we do?”
- “ What is she suffering with?”

# Areas of Best Practice

- Requesting Feedback
- Acting on feedback
- Collaboration and own confidence needed
- Confidence in co worker

# Areas of Best Practice

- Reviewing the work and direction after 5 week break
- Relapse “ Why has it happened, Why has it fallen apart?”
- Use of good questions and summarising to guide family to their own answers
- Produced a good plan, which is working well to date

# Implications

- Psychosocial interventions work
- Essential ingredients are supervision, confidence and believe in family, self and co worker.
- Support from organisation.
- Support and teaching from education provider.



Any questions?????

The end