

An integrative child-parent therapy model, based on Experiential Dynamic Therapy

**IEDTA International Conference
Boston, September 2019**

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Outline

- EDT for children: Similarities and differences
- Working with blocked adaptive feelings
 - In the family system
 - Directly with the child
- Case formulation and treatment plan
- Case study : Play therapy based on EDT principles with a 9-year-old boy.

Principles of EDT Inspired Child Therapy



*Defence
reconstructing*

**Playful-potential
space**



*Blocked adaptive feelings and needs
Individual and familial 'stories'
Transgenerational processes*

Similarities and Differences

- ➔ Anxiety regulation and defense reconstruction are easy to adjust
- ➔ Reconstruction of feelings is more complicated since the child is living at home

Defense
reconstruction

Anxiety
regulation

Defense

Anxiety

Emotional
maieutic

Blocked adaptive
feeling/need

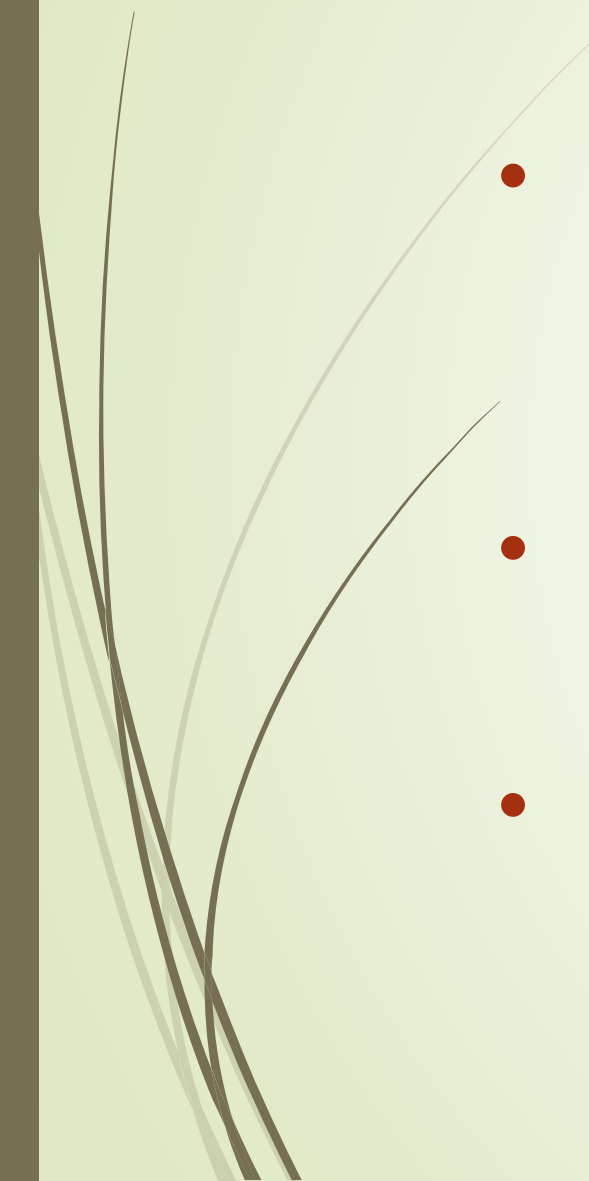


Working with blocked adaptive feelings and needs in the family system.

- Understanding the meaning of presenting symptoms/defenses in the family system
- Identifying trans -generational processes and various 'family stories'
- Working with the parents, siblings and others in order to actively change the pathogenic system.



Working with feelings in child therapy - I

- Mirroring and teaching how to identify feelings via body sensations
 - Practicing naming feelings correctly
 - Analyzing evoking feelings through play and role-play
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Working with feelings in child therapy - II

The therapist actively:

- Plays the blocked feeling (gives legitimation, presents model of dealing with the feeling)
- Provokes increase of emotional intensity and encourages emotional experience.

Working with feelings in child therapy- III

➤ **Use of Projective Identification**

- The therapist expresses the child's blocked feeling in a way which enables the child to feel in control of the situation, opposed to her usual helpless position.
- The therapist provides a model of being with / confronting unbearable feeling.

Evaluation and diagnosis process: Building dynamic formulation and therapy plan

- Intake meeting with parents without the child
- 1-2 meetings with child alone
- Family/dyadic interaction
- Feedback meeting with parents

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Thank you!

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