

# **Engagement and Assessment of those experiencing Crisis Including Key Workers using Remote Treatment Processes**

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# The Experience of Complex Trauma

Severe and pervasive problems in affect regulation.

Persistent beliefs about oneself as diminished, defeated or worthless, accompanied by deep and pervasive feelings of shame, guilt or failure related to the traumatic event.

Persistent difficulties in sustaining relationships and in feeling close to others.

NICE Guidance PTSD. 2018

# Preparation for Therapy

- Expectations of the client
- Expectations of the therapist
- Discussing the therapy with the client
- Preparation for the use of the technology
- How words are received

‘Remote’ ‘Video’ ‘E-therapy’

# Engagement

- Reflect on your experience of therapy
- Is the therapeutic space of online therapy the same as if people engaged in therapy are in the same room?
- Is the online relationship the same as it when people are together in the same room?
- Can people benefit from on-line therapy?

# The First Session Assessment

- Working together as a team
- Why carry out an assessment when the client can quite clearly tell you what the problems are?
- Assessment online as a shared experience.
- Assessment tools

# DSM 5 Depressive Disorder

Functional Domain	Moderately Impaired	Severely Impaired
Family Relationships	Quiet, negative and oppositional	Withdrawn, won't talk, brusque, angry, aggressive
School & Academics / Work	Grades/work performance deteriorating, missing/cutting class or work, decreased effort, moderate academic or work stress	Failing performance, missing school or work, doesn't care about work, oppositional, argumentative, high academic or work stress
Peer Relationships	Decreased socializing or extracurricular activities , more time on computer	Isolated, discontinued extracurricular activities, excessive computer time
Stress Level, Anxiety	Minimizes or denies issues, projects onto others or blames others	Withholds feelings, won't talk
Suicidal Ideation	Vague/occasional	Frequently considered, has a plan, or prior attempt
Other Self Harm	Occasional thoughts but no attempts	Cutting, other self injury

# Assessing Risk

- Self harm – Function, Frequency, Intensity.
- History of self harm
- Thoughts of Suicide – Why ? Where? When?  
How? Frequency ? Intensity ?  
Has a plan ? – detailed and/or definite
- History of suicide attempts
- Suicide in the family/close friends

# Beck's Suicide Scale

- **Objective Indicators**

- Isolation during attempt
- Likelihood of intervention
- Precaution taken against discovery
- Actions taken to get help
- Preparation for death
- Preparation for attempt
- Suicide note
- Communication of Intent

- **Subjective Indicators**

- Purpose of attempt
- Expectations of death
- Perception of method's lethality
- View of attempt's seriousness
- Desire to live or die
- Perceptions of rescuability
- Premeditation

Beck (1979)



# Formulation

- A Collaborative Assessment Experience
- From Assessment to Formulation
- Depression and Anxiety States
- Formulation in the context of the distress the client is experiencing
- Formulation and Integrity in Therapeutic Planning
- From Assessment to the First Treatment Session

# Summary

What do therapists take for granted ?

Supervision – Individual and Group