

Keeping Families Together

A parent treatment manual for the
prevention of abuse and neglect of children

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Understanding Why Abuse & Neglect Occurred

- Three Preconditions
 - Motivation
 - The Controller
 - The Venter
 - The Victim
 - The Perfectionist
 - The Protector
 - The Depressive
 - The Addict
 - The Mind Reader
 - The Paranoid
 - The PIG
 - The Impulsive

Understanding Why Abuse & Neglect Occurred (continued)

- Overcoming Conscious
- Environmental Factors

Putting It All Together

Now study the above answers and let's put it together. Fill in the blanks below.

My abusive and neglectful behavior was: _____
_____.

What motivated me to do the abusive/neglectful behavior was: _____
_____.

After this motivator, what I said to myself to make the behavior okay was:

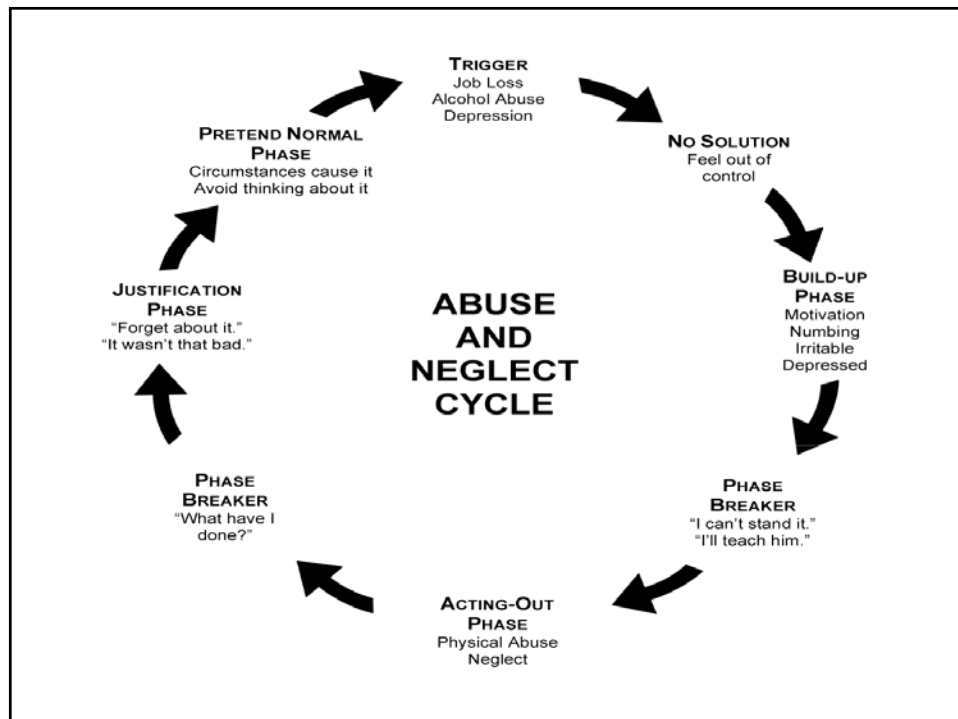
_____.

Now that I had the motivation and said something to myself to make it okay, my
environmental condition that set me up for it was: _____
_____.

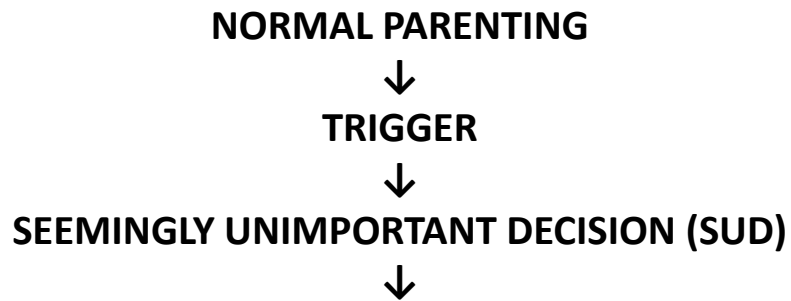
Elements of the Abuse and Neglect Cycle

Abuse and Neglect Cycle

1. Build-up phase
2. Acting out phase
3. Justification phase
4. Pretend Normal phase



The Relapse Chain



Behavior Chaining

- A systematic analysis of a pattern of events, thoughts, feelings and behaviors leading up to an abuse/neglect situation.
- Chaining techniques

Clinical Examples

- Leanne's Story
- Antoine's Story

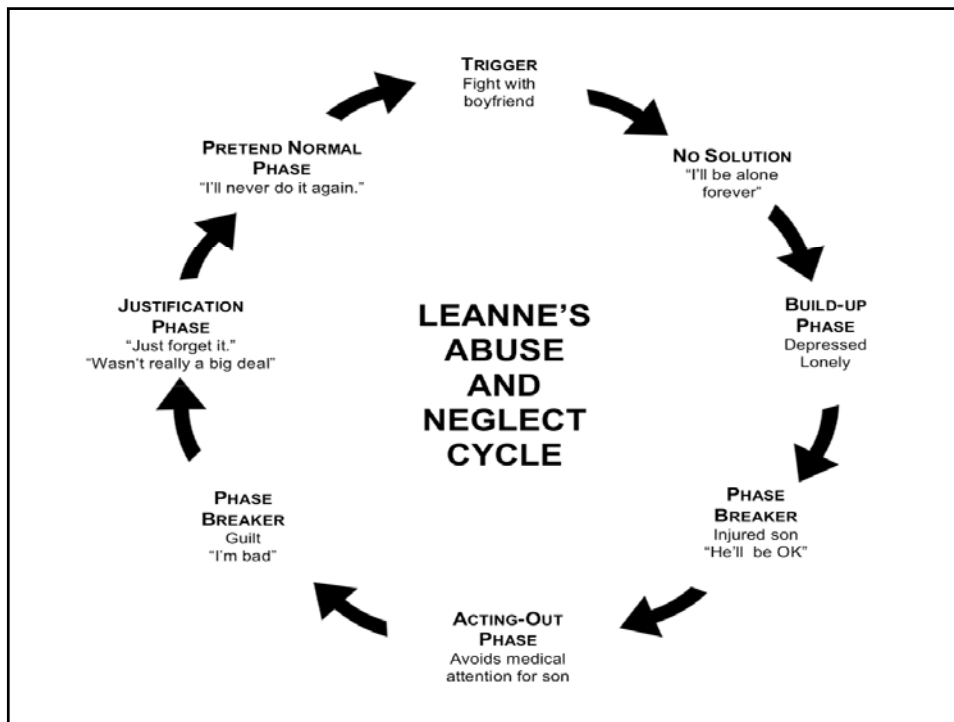
Leanne's Behavior Chain

1. Leanne comes home from work and her boyfriend is sitting on the couch drinking a beer. He has a mean look on his face and calls her bad names. He gets up and says, "I got to get out of here." He leaves without saying anything.
2. Leanne thinks in her head, "What happened, what did I do, I'll be alone forever, I love him." Leanne feels scared.
3. Leanne desperately begs for him to stay while he is walking out the door.
4. Leanne thinks "not fair, why is he doing this to me?"
5. Leanne feels very angry and runs out and screams, "Don't come back you *****!"
6. Leanne thinks to herself, "Oh no, he's not coming back. This is it."

7. **Leanne lies on the couch crying and pictures herself being alone without anybody.**
8. **Leanne curls up on the couch and begins to sleep.**
9. **Leanne continues to think about being alone. She sees her future and pictures herself as an old lady sitting alone in her house without anybody loving her.**
10. **Leanne thinks, "I need relief, I have to have relief," and she thinks about the vicodin in her cupboard.**
11. **Leanne walks to the cupboard and takes four vicodin.**
12. **Leanne feels a sense of relief and is beginning to numb.**
13. **Leanne awakens hearing her son fall off the counter and hitting his head on the floor.**

14. Leanne gets up groggily and thinks to herself, "Oh no, not now." She feels fear and anger.
15. Leanne sees his head is bleeding and he is quite dizzy. She thinks to herself, "The doctor will see that I'm stoned."
16. Leanne thinks, "I'm going to lose him if they see this" and feels afraid.
17. Leanne tells herself, "It'll be okay. He's hit his head before. He looks fine."
18. Leanne feels some relief.
19. Two hours later, Leanne wakes up to her son throwing up. She cannot rouse him.
20. Leanne thinks, "Oh no, he's hurt. What have I done?" She feels very afraid.

21. Leanne takes him to the emergency room. They ask her what happened, and Leanne thinks, "If I tell them the truth, I'll get in trouble."
22. Leanne lies and tells them, "He just fell off the counter."
23. Leanne thinks to herself, "I'm disgusting. I'm a rotten parent. I shouldn't even be a parent."
24. Leanne feels disgusted, then says to herself, "Just let it go. It's no big deal. I won't ever do it again."
25. Leanne feels relief.



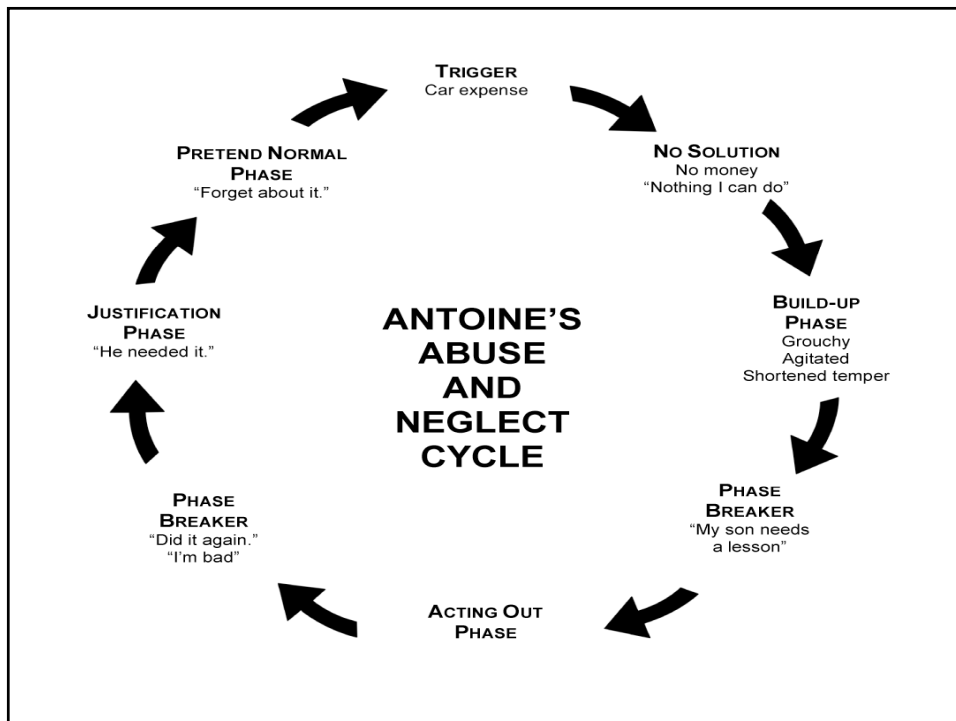
Antoine's Behavior Chain

1. Antoine was driving to work when his car broke down. When he looked under the hood and found out what the problem was, he knew he needed \$400.
2. Antoine thought, "Why does this always happen to me? This is bull."
3. Antoine felt very angry.
4. Antoine slams the hood down hard.
5. Antoine looks around and notices others are looking.
6. Antoine interprets their looks as if they think he's childish.
7. Antoine feels embarrassed.
8. Antoine gets into the car and becomes quiet, waiting for a ride.

9. Antoine remains quiet, but thinks about it all day long. He continues to wonder where he's going to get the \$400 and begins to feel like a failure; like he can't take care of his family.
10. On the way home after work, Antoine begins thinking how he will never have enough money to support his family. He envisions his family being disappointed in him.
11. Antoine feels angry and grouchy.
12. Antoine thinks about having some beers and has three of them.
13. Antoine's son comes up and asks for a toy all the other kids have.
14. Antoine starts feeling like he's more of a failure because he can't even provide for his family.

15. Antoine becomes grouchy, agitated, and feels like a failure.
16. As his tension mounts, Antoine becomes more agitated and snaps at his son.
17. His son whines and cries and asks why he can't have it.
18. Antoine thinks he needs to be taught a lesson.
19. Antoine backhands him in the face.
20. Antoine immediately feels reduced tension.
21. Antoine sees his young son crying and laying on the floor.
22. Antoine feels intense fear and shame, saying to himself, "Oh no, I did it again."
23. Antoine withdraws and puts his head down and says to himself, "I'm a loser."

24. Antoine tells himself, "Maybe he needed it. It happened to me. It wasn't that bad."
25. Antoine feels a little better.
26. Antoine tells himself, "Forget about it. Don't worry about it."
27. Antoine resumes normal activity, not thinking about it anymore.



Leanne's Relapse Prevention Chain

1. Seemingly Unimportant Decisions

Different Thought:

Different Behavior:

2. Risky Situation

Different Thought:

Different Behavior:

3. Lapse

Different Thought:

Different Behavior:

4. Giving Up

Different Thought:

Different Behavior:

Antoine's Relapse Prevention Chain

1. Seemingly Unimportant Decisions

Different Thought:

Different Behavior:

2. Risky Situation

Different Thought:

Different Behavior:

3. Lapse

Different Thought:

Different Behavior:

4. Giving Up

Different Thought:

Different Behavior:

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Elements of a Relapse Prevention Plan

- Description of Cycle
- Description of Triggers/High Risk Situations
- Trigger Plan
- Lifestyle Plan (people, places & things)
- Support Group (include denial support group)
- Partner Alert Contract

TRIGGER:

Things I will do with this trigger:

1. When this trigger occurs, I will tell myself (self-talk):
2. When this trigger occurs, the behaviors I will do are:
3. People I can contact if this trigger occurs are:

I will review my ways of dealing with my trigger at least once per week. This will help remind me to rehearse and practice my skill.

Signed (Client)

It is important to practice your skill. If possible, role-playing is always recommended. Have your therapist or group practice the skill with you. Once you have demonstrated the ability to do it, have your therapist sign in the space below.

_____ has demonstrated and practiced the skill.

Signed (Counselor or Case Worker)

KEEPING FAMILIES TOGETHER *A parent treatment manual for the prevention of abuse and neglect of children*

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