Emotional Availability among Traumatized Refugee Families

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- Bergen april 18-20, 2013
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Bergen april 18-20, 2013
A Clinical Research Project in order to prevent second generation traumatization

- The Project runs in cooperation between Karolinska Institutet and the Red Cross Centre for Tortured Refugees in Stockholm. The project is financed by Stiftelsen Allmänna Barnhuset.

- The Project started in 2011 in order to prevent second generation traumatization among children of tortured and war-traumatized parents with complex Post-Traumatic Stress Disorder.

- The aim of the Project is to explore and evaluate a Treatment Program based on attachment theory and trauma theory for parents and infants, age 6-18 months.
Background

- According to research among survivors from the Holocaust and the 2nd World War, there is a risk that severe traumatized parents transmit their untreated traumas to their children.

- According to research 87 % of the children in the investigation group, (30 parents and 45 children from the Middle East), the parents were patients at the RCC, had psychopathological symptoms as depression, anxiety and behavioural difficulties and their attachment pattern was unsafe/disorganized. In the comparision group, (26 parents without torture experience and 31 children from the Middle East), 75% of the children had a safe attachment pattern and no psychological symptoms.

- *Post-Traumatic Stress Disorder and Resilience in Children of Traumatized Parents, Atia Daud, 2008.*
Clinical Group

Arabic speaking refugee parents with at least one of them with initial diagnosis complex PTSD

Parents exposed to torture or war trauma before coming to Sweden

The family has a residence permit in Sweden and at least one parent is a patient at Red Cross Center for tortured refugees
Children's Group

Children's age varied between 6 - 24 months

Born in Sweden

Without any child psychiatric symptoms
Design and Treatment Program

- Psychoeducation session with family separately
- Video taping mother and child in free play, 20 minutes.
- Emotional Availability Scoring by two raters
- Group intervention for mother and child in five sessions
- Psychoeducation session with family separately
- Video taping mother and child in free play, 20 minutes.
- Emotional Availability Scoring by two raters.
- Family evaluation - Interview
Intervention and Treatment Model

The Program starts with a psychoeducational family intervention

The group intervention is based on *Interaction guidance (samspelsbehandling) in a group setting*

The group intervention is followed by a psychoeducational family intervention

After the Program evaluation interviews with respective family take place at home
Design and preparation of the group

Experienced interpreter instructed about the purpose of the project and the methods

Preparation of the group room

Coffee, tea and sandwiches

The mothers are invited to the table

Presentation of each other and their children

The group started initially by singing “a name song”

The mother, children, therapists and interpreter are sitting on the floor
Emotional Availability Scales. “EAS” evaluation

EAS consists of 6 global EA Dimensions and 7 Sub-scales for each of the 6 Global EA Dimensions:

- Adult sensitivity
- Adult structuring
- Adult non-intrusiveness
- Adult non-hostility
- Child responsiveness
- Child involvement
Families from the second group 2012

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<th>EA Dimensions</th>
<th>Fam 1 before</th>
<th>Fam 2 before</th>
<th>Fam 3 before</th>
<th>Average before</th>
<th>Fam 1 after</th>
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References