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# **Families and Family Interventions in Institutional Care**

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# Interventions for Family Members of Seriously ill patients in Inpatient Care

Anu Soikkeli-Jalonen MA, MHSc, PhD Candidate et al.

Interventions based on meetings with family members

- Education or therapy.
- Mindfulness
- Therapy- based interventions
- Multiple-session tailored interventions

Showed beneficial outcomes for psychological symptoms and educational interventions on preparedness and self-efficacy.

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# Medical Family Therapy (MedFT)

Medical family therapy is an approach to professional practice that uses a biopsychosocial approach and family therapy principles in the collaborative treatment of individuals and families dealing with medical problems

- Medical Family Therapy in an inpatient unit
  - Fifteen clinical cases were analyzed from the point of view of the patient, family/support member, referring providers, and MedFTs.
  - MedFT functioned well when there are high levels of collaboration with the patient, family, and referring provider.
  - MedFT was effective in helping them deal with complex family dynamics that often surround psychiatric hospitalization, and in helping patients and their families initiate systemic changes that help to reduce the possibility of further hospitalization for psychiatric issues.
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# Psychoeducational and Cognitive Behavioral Treatment Programs

- Implementing psychoeducational programs was the first step to establish cognitive behavioral psychotherapy and dispel the myth of schizophrenia for patients. Programs are also provided for patients with mood disorders, substance use disorders, or both. These groups include topics such as psychoeducation about the illness, establishing rewarding activities, stress management, cognitive therapy, and relapse prevention.
  - Individuals with severe disorders can benefit from psychoeducational and cognitive treatment programs if the programs are adapted to the level of neuropsychological functioning and compensate for cognitive deficits and emotional overload. These findings suggest that providing information about the illness and coping skills for patients and relatives are important for treatment outcome.
  - Inclusion of families in this process can help a great deal
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# Psychoeducational Inpatient Family Intervention

- Inpatient family intervention was associated with clinically significant improvement at discharge,
- Especially for female patients and patients with chronic schizophrenia and bipolar disorder.
- These effects were maintained six months after admission before attenuating at 18 months

Hospitals should formalize efforts to educate staff about the benefits of involving families in treatment and implement standard operating procedures requiring family contact.

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# A Conceptual Model of Psychosomatic Illness in Children

- An open systems family model describes three necessary (but not independently sufficient) conditions for the development and maintenance of severe psychosomatic problems in children:
    - (1) a certain type of family organization that encourages somatization
    - (2) involvement of the child in parental conflict
    - (3) physiological vulnerability.
  - Predisposition for psychosomatic illness, symptom choice, and maintenance of "brittle" diabetes, psychosomatic asthma, and anorexia nervosa.
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# Family Interventions Across Acute Care Systems

Hoq and Rickerby

Role of FI in treating youth in crisis from inpatient, consultation-liaison, and emergency department (ED) perspectives

- Brief family therapy for adolescents in the inpatient psychiatric unit
  - Family CBT to treat psychological distress in children on a transplant unit
  - Family-based DBT approach to crisis de-escalation in the inpatient consult setting
  - Family-based approach to de-escalating suicidal/self-injury crisis in the ED. (emotionally focused family therapy (EFFT))
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# Use of movies in Family engagement

Jellinek and Garrison

- family involvement may be the most important predictor of successful psychiatric hospitalization of adolescents
- Ability to engage both an adolescent and his or her family in family therapy is a major challenge
- There is a growing literature describing the use of movies as a catalyst to engage patients in highly stressful
- The movie replaces the awkward silences and angry exchanges of visiting hours with an entertaining exercise that brings the family together.
- Before watching the movie, it is critical that families and adolescents receive a clear introduction to the exercise
- After the movie is over, each family member is given a written assignment of 10 discussion questions to answer independently
- By bringing a family together to view a family crisis that resonates with their own but at a safe distance, movies can engage adolescents and families in treatment quickly and despite intense conflicts. Such a catalyst may be especially beneficial in inpatient settings, where there is an urgency to address life-threatening crises in very little time. With thoughtful movie selection and targeted discussions to address communication and the family's own crisis, the movie intervention can help empower a family to navigate its way through a crisis together.



# Television Show Selection

Mother-daughter conflict

- *Pieces of April*

- *Freaky Friday*

- *The Horse Whisperer*

- Engaging the rebel

- *The Empire Strikes Back*

- *The Simpsons (Bart's Inner Child)*

- *Pieces of April*

- *Life as a House*

- *Pleasantville*

- Understanding trauma

- *Speak*

- *Ordinary People*

- *The Horse Whisperer*

- All purpose *Parenthood*

- *Signs*

- Engaging the father

- *Life as a House*

- *Dreamer*

- Understanding depression

- *Whale Rider*

- *Edward Scissorhands*

- *The Secret Garden*

- *Little Miss Sunshine*

- Understanding loss

- *Fly Away Home*

- *Duma*

- *Smoke Signals*

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# Family Therapy / Family interventions in Juvenile Delinquent Residential treatment

- Family dysfunction (family history of violence, favorable attitudes toward problem behaviors, poor socialization, poor supervision, poor discipline, family disorganization, family isolation, or family disruptions) has an important influence on future delinquent and antisocial behavior.
  - Family dysfunction provides children with models and opportunities to engage in problem behavior
  - Research suggests that improving family functioning should reduce problem behaviors.
  - family therapy is effective in reducing family conflict and children's antisocial behavior.
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# Family Therapy techniques and Models

- Family strengthening programs concentrate on changing the maladaptive patterns of
  - Family Psycho-education
  - Multifamily Group
  - Parent Management/skills training
  - Family self help and advocacy groups
  - Brief strategic family therapy (BSFT).
  - Functional family therapy (Alexander and Parsons)
  - Structural family therapy
  - Strategic family therapy
  - Behavioral family therapy programs
  - Positive Family Therapy
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Thank you all from AFT

