

# Intensive Services

## In Home and In-Office Programs

### Kids don't come with an owner's manual...

But it would be nice if they did!

Treating attachment and trauma presents many challenges, issues and concerns. For some families, visiting a professional for an hour a week is not sufficient. Additionally, attachment and trauma competent services are often difficult to locate in certain areas. Understanding that issues impact the whole family, families must be treated as a whole.

### Treating the whole family...

Parenting children with compromised attachment and trauma takes a toll on marriages and families. Parents are often at a loss in knowing how to manage difficult behaviors. Intensive treatment allows for many of these issues to be addressed. Different aspects of family interaction are considered. At times, this may mean that individuals, pairs, or other combinations of relationships can be focused on at various times throughout treatment.

### Your Options...

#### Option 1:

**In-home intensive therapy** – in this option, two professionals travel to your home and provide 6-8 hours of therapy per day for 5 days. Observing families in their homes can be helpful to see unique challenges and patterns of interaction that might otherwise be missed. Additionally, the clinical team is able to intervene in and provide parent coaching in the moment in real-life circumstances. Families are often more comfortable in their own environment, making change easier to assimilate.

#### Option 2:

**In-office intensive therapy** – in this option, families will again receive the support of two professionals. Rather than the clinical team traveling to the family, the entire family will travel to the office and receive 6-8 hours of therapy per day for 5 days. This can be helpful as various resources are readily available to the professionals in the office setting and families often benefit from being away from their normal environments. There are fewer distractions and families are able to focus solely on therapy.

Each option provides different benefits. Both utilize our inter-disciplinary team approach. If interested in receiving intensive services, a professional will help you determine which option best fits your family's situation.

For more information, please call Lifeline at 205.967.0811.

### Our Tailored Approach...

What works for one family doesn't always work for every family. With this in mind, our therapists utilize a variety of tools including the following:

- Trust Based Relational Intervention (TBRI®)
- Corrective Attachment Therapy
- Theraplay®
- Marschak Interaction Method
- Eye Movement Desensitization and Reprocessing (EMDR)
- Attachment-Focused Family Therapy
- Filial Therapy
- Play therapy
- Trauma Focused Cognitive Behavioral Therapy (TF-CBT)