

WORKING WITH PARENTS THROUGH THE PHASES OF CHILD AND ADOLESCENT TREATMENT

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	Evaluation	Beginning	Middle	Pretermination	Termination
Alliance tasks for parents	Engage in transformations	Allow child to be with another.	Allow psychological separateness, individuation, autonomy	Enjoy and validate progression.	Allow child to mourn; Internalize relationship with analyst.
Parental affects/ anxieties	Guilt, helplessness, Failure/mortification; Hatred of child; Fear of hostility and/or Exposure; Fear of exclusion.	Loss of child; Loss of love; Guilt over lack of authentic love relationship.	Abandonment; Loneliness; Loss of love; Fear of child's assault on parent's personality.	Fear of abandonment; Sense of uselessness; Transference fear of being discarded by analyst.	Fear of sadness, love, and loss; Fear of reliving core conflicts.
Parental resistances/ defenses	Externalizing and blaming the child or other factors; Push for immediate relief. Maintain family secret.	Various types of externalization.	Withdrawal from child; Protection of character defenses and superego; Resistance to revival and potential revision of past.	Pre-emptive premature termination – passive to active.	Avoidance; Premature leaving or withdrawal.
Therapist's techniques, interventions, and goals.	Acknowledge wish to be a good parent; Do as much work as possible through the parents; Access primary parental love; Clarify contract; Differentiate privacy and secrecy; Resist urgency.	Help parents see child as unique; Interpret sado-masochistic relationships.	Consolidate parental strengths; Interpret past roots of equating loss or death with separateness; Reinforce idea that growth is not loss; Support reality-testing leading to reparation.	Do not rationalize a bad goodbye as normal development; Address need to learn about parting; Support transformation.	Acknowledge deep bond between parents and therapist; Work until end.