

Outline of Session for State Drug Court Conference –June 17, 2008

Benefits of In-Home Counseling:

- Families are the most comfortable in their own home and are more open to suggestion of change when in their environment.
- Therapists are joining a family system vs. the family joining an unknown system at an office building.
- In home counseling removes some of the barriers to treatment such as transportation, varying work schedules, and issues associated with multiple children i.e. childcare, extracurricular activities, etc.
- Therapists are observing stressors in the environment in which they occur and the factors that may influence such stressors.
- Therapists are able to model and coach in detail on how to manage their child's behavior in their most natural environment.
- It is our belief that providing treatment in-home is the less restrictive environment and provides maximum impact as evidenced by the following:
 1. In-home therapy decreases the number of crisis events, unnecessary hospitalizations, and avoids other out of home placements due to the fact that the family can be seen in the evening and on weekends. Additionally, the family has flexible access to their therapist.
 2. Special populations benefit from In-Home counseling as well: single parents; divorcing/mediating families can be seen together or at separate households; step, foster and blended families' needs can be more easily addressed and accommodated; and the dual career family can be more readily accessed by the flexibility of the In-Home counseling model. Multi-generations are also encouraged to participate. Therapists are often able to include extended family members such as grandparents and visiting relatives and include them in the counseling process more easily.

Review of Family Therapy Models used in conjunction with the In-Home Model

Motivational Interviewing – Again, therapist joins the individual/family for substance abuse counseling where they are and helps move them through various stages.

Dr. Salvador Minuchin – Family Systems Theory - His theory views the family as “stuck”, not “sick”. Here, the counselor joins the family system, notices roles of members, and helps resolve “stuckness” through participation in the family system.

Virginia Satir- Her theory centered on the concept of low self-esteem within the individual members of the family thus creating problems in the communication style of the family. By improving self esteem and communication with in the individual family members and for the family as a whole, they are better equipped to cope with life’s challenges.

Murray Bowen- 8 Principles of Family Therapy: Triangulation, Differentiation of Self, Nucleus Family Emotional System, Family Projection Process, Multigenerational Transmission Process, Emotional Cutoff, Sibling Position, and Societal Emotional Process