

# Therapeutic Alliance

- Engage in motivational interview techniques
  - Reflective listening
  - Elicit motivational statements from client
  - Examine ambivalence and monitor readiness
  - Focus on strengths
- Establish importance/primacy of parental role
  - Include parents in child treatment sessions as appropriate
- Elicit client treatment concerns
  - Establish common ground
  - What are your worries?
  - What would you like to do about it?
- Provide psycho education
- Be flexible and responsive to logistical concerns
- Jointly establish treatment plan
  - Explain what therapy is
  - Provide a strong “I can help you” message
  - Explain recommended length and focus of therapy
  - Identify abuse-related targets based on assessment
- Consistent awareness of treatment focus
  - Ongoing assessment of progress
  - Ongoing support and encouragement
  - Acknowledgement of difficulty of work

*Resource: Based on Motivational Interviewing: Preparing People to Change Addictive Behavior, written by Miller, W. & Rollnick, S. Harborview Center for Sexual Assault and Traumatic Stress 03*