

# Two different interventions with two children who have opposite strategies, but similar traumas

Verter Pregreffi, psychotherapist,  
Reggio Emilia (Italy)

Critical causes of change → Therapeutic Relationship → Trauma

- I would like to talk about two clinical situations, and to explain that it is possible, PERHAPS, address the question of Trauma. I say “Perhaps” because we can decide this step toward trauma only after reflecting on the critical causes of change, individual and family. This knowledge allows us to think on the right timing and to perform an original modulation of somatic arousal with our patients



somatic arousal



Critical causes of change → Therapeutic Relationship → Trauma

Luigi's parents ask for advice on how to help their children, Luigi, 10, Serena, 8

They divorced 1 year ago, after 20 years of marriage



Critical causes of change ➡ Therapeutic Relationship ➡ Trauma

for Mom:

- Luigi would be more afraid at school
- Luigi tells her *"it's tiring to move from dad and mom and sleep in different beds"*;
- he wants his mother is tidy and leaves things in their place while he is away from home.
- The problem for mother is the divorce



Critical causes of change → Therapeutic Relationship → Trauma

Mother: B2 ingenuous strategy

The DANGER for Mother:

not being able to help her children.

In the past she has always solved the problems and now she does not want to have difficulty on these issues



Critical causes of change → Therapeutic Relationship → Trauma

for Dad:

- He minimizes the causality of divorce
- The problem is related to Luigi's psychological profile
- His motto is "*we must handle the suffering..., but at the same time think that it's okay*".



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## Father Strategy

(Dp) C1-2 (Dp in particular with regard to own divorce)



The DANGER is:

With his son he could come back to the question of divorce for ourselves from that he would like to get away



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- Luigi's Strategy: Utr (p) parents divorce C2

He is activated in the speech (showing affective states), involving. Emotions mainly concern the desire of comfort.  
some signs of the depression modifier

In the image of the father who goes away (in the SAA) into the invented story often makes references to his situation



Critical causes of change → Therapeutic Relationship → Trauma

## Critical cause of change

What are the elements that allow an autonomous reorganization?

Who is the recipient?

1) return to parents the **Luigi's** strategy configuration and reflect together, they are both right to read his son

→ this return allows to both parents to be quite close to the therapist, because the therapist thinks like them!



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Critical cause of change

2) It is therefore shared that a psychological work with Luigi could be do and after, perhaps, work on the divorce issue. Steps:



Setting a Meaningful Therapeutic Relationship with Luigi



Only after this Luigi could complete the learning of the past, exploring the trauma.



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## About Therapeutic Relationship...

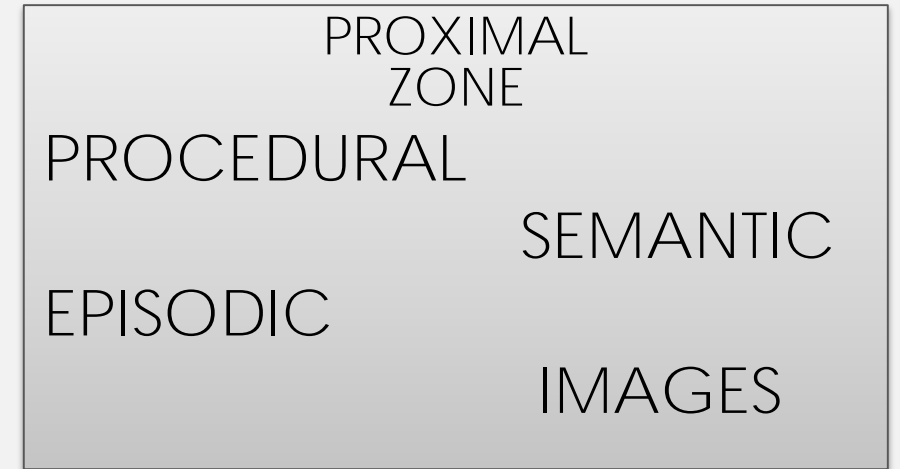
Modulation of somatic arousal as first step

The procedural is spontaneous and lively and it activates both, therapist and child

Modulation of themes

The child wants to speak about friends, classmates.. The therapist is curious

He remembers not well ordered scholastic episodes... **The** therapist helps to remember



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Now is possible to explore  
the trauma of divorce.... (because we have  
credit)

...In different ways and with different  
techniques



Critical causes of change → Therapeutic Relationship → Trauma

*«at first i saw my parents angry at each other and i felt sorry, especially since my mother never looked at my Dad when he greeted her,... but now i get it, they will never come back together»*

## Actions to explore Trauma

- remember the differences in habits between before and after the divorce.
- use exploratory or imaginative techniques (ABC techniques, safe place techniques and so on).

Critical causes of change → Therapeutic Relationship → Trauma

**Davide's** mother asks for advice on how to help her son Davide, 12

- Difficulties with classmates and friends
- He is upset
- Playing too much videogames
- Fear of strangers or thieves come into house
- He has witnessed many parents conflicts in the past



Critical causes of change → Therapeutic Relationship → Trauma

Mother,  
Davide 12, Sister 15, Sister 17 (father is almost absent)

Divorce: Davide was 3

2 Family Court examinations:

- a) Davide 6 years old
- b) Davide 9 years old

in the last 2 years Father and children met once a month, not ever..., In the last 6 months only one time



Critical causes of change → Therapeutic Relationship → Trauma

## **Mother's** strategies

Utr (ds, p) frequent relocations, A5 / C3

Danger for her...

In the past: the fear of being alone, after the parents have made many house changes, with a depressed mother

In the present the danger turns into a fear of not being able to attend, alone, her 3 children





Critical causes of change → Therapeutic Relationship → Trauma

## **Davide's** strategies

Dp, Utr (dx) parents divorce and conflicts, A+ (6)

There are theme about friendship

Danger for him...

his broken compulsive strategy does not work for his evolutionary skills



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Critical Cause of change

Mother: understand and underline what works good for support of her son. Tell her she is right reading his son!

Davide: reappropriations of A3-4 strategy (identifying its advantages, for friendship for example)

NO WORKS ON TRAUMA NOW!



Critical causes of change → Therapeutic Relationship → Trauma

Therapeutic relationship

Modulation of somatic Arousal as first step...

Davide has rather long times for taking turn speaking;

...Therapist **can't** be fast!

initially he uses few words to tell his experiences;

...Therapist helps to use other

when he speaks he is very semantic and often makes generalizations.

...Therapist is semantic and sometimes episodic

... **and** modulations of themes

He would like to talk about friends.

...Therapist is curious about this

Critical causes of change → Therapeutic Relationship → Trauma

4 months of weekly sessions

Stop for 6 months

After 6 months from interruption  
Davide sent a message:



Hello. My father wants speak to me  
.... I don't know... can i talk to you?



Critical causes of change → Therapeutic Relationship → Trauma

Now we are working about these themes

...Next conference we will tell you how is went

Critical causes of change → Therapeutic Relationship → Trauma

With this mine intervention, I wanted to tell you that before tackling the Trauma it is good to understand the functionality of the family, the dangers for each one, in the past and in the present. These first steps allow people to feel close and understood.

Only after these operations it is possible, not always, to deal with trauma. The DMM provides us the keys to plan the steps and the timing.





Grazie DMM!

