

Gradient of Interventions

Patricia M. Crittenden, Ph.D.
Family Relations Institute
9481 SW 147 St.
Miami, FL 33176 USA
pmcrittenden@att.net

- **Parent education**
Parent can integrate, but needs new information.
- **Short-term counseling**
Parent can integrate and has information, but needs another perspective and dialogue around the perspective
- **Parent-child intervention**
Parent can use explicit information to describe problems, including their own contribution, but cannot integrate discrepant information.
- **Adult psychotherapy (personal, not parenting)**
Parent's behavior is generated implicitly, i.e., not consciously, and is maladaptive, sometimes dangerously so.
Parent needs understanding of implicit 'triggers', verbalization, recognition of discrepancy, integration, plus the experience of being understood empathically before they can understand others (for example, their children) empathically.
Parent is not yet ready for parenting interventions.

Crittenden, P. M. (2005). Preventive and therapeutic intervention in high-risk dyads: The contribution of attachment theory and research. *IKK-Nachrichten*. (English is on www.patcrittenden.com.)