

Psychotherapy service for children and families of the SEAlA

<u>Organisation(s):</u>	Barcelona City Council - Institute for Social Services	
<u>Country:</u>	Spain	
<u>Contact:</u>	policy@esn-eu.org	
<u>Theme:</u> Choose at least one option	<input type="checkbox"/> Ageing & Care <input type="checkbox"/> Asylum & Migration <input type="checkbox"/> Young People <input checked="" type="checkbox"/> Support for Children & Families <input type="checkbox"/> Community Care <input type="checkbox"/> Integrated Care & Support <input type="checkbox"/> Co-Production <input type="checkbox"/> Disability <input type="checkbox"/> Housing & Homelessness <input type="checkbox"/> Artificial Intelligence <input type="checkbox"/> Digitalisation <input type="checkbox"/> Quality Care	<input type="checkbox"/> Labour Market Inclusion <input type="checkbox"/> Social Inclusion <input type="checkbox"/> Technology <input type="checkbox"/> Workforce and Leadership <input type="checkbox"/> Social Benefits <input type="checkbox"/> EU Funding <input type="checkbox"/> Social Service's Resilience <input checked="" type="checkbox"/> Mental Health <input type="checkbox"/> Person-Centred Care <input checked="" type="checkbox"/> Research & Use of Evidence <input type="checkbox"/> Other, please specify:
<u>Principles of the European Pillar of Social Rights:</u> Check the 20 principles here.	<input type="checkbox"/> 1. Education, training, life-long learning <input type="checkbox"/> 2. Gender equality <input type="checkbox"/> 3. Equal opportunities <input type="checkbox"/> 4. Active support to employment <input type="checkbox"/> 5. Secure and adaptable employment <input type="checkbox"/> 6. Fair Wages <input type="checkbox"/> 7. Transparent employment conditions <input type="checkbox"/> 8. Social dialogue <input type="checkbox"/> 9. Work-life balance <input type="checkbox"/> 10. Healthy, safe work environment	<input checked="" type="checkbox"/> 11. Childcare and child support <input checked="" type="checkbox"/> 12. Social protection <input type="checkbox"/> 13. Unemployment benefits <input type="checkbox"/> 14. Minimum income <input type="checkbox"/> 15. Old age income and pensions <input type="checkbox"/> 16. Health care <input type="checkbox"/> 17. Inclusion of people with disabilities <input type="checkbox"/> 18. Long-term care <input type="checkbox"/> 19. Housing and assistance to homeless <input type="checkbox"/> 20. Access to essential services
<u>Current status of the practice:</u>	<input type="checkbox"/> Concept and Design Phase <input checked="" type="checkbox"/> Testing or pilot phase <input type="checkbox"/> Temporary practice that has terminated <input type="checkbox"/> Temporary practice that is ongoing and has a termination date <input type="checkbox"/> Established and ongoing practice <input type="checkbox"/> Scaling Up and Transformation Phase <input type="checkbox"/> Other (please specify)	
<u>Summary:</u> Please summarise the practice in maximum 3 sentences. This will be the	The child protection system in Catalonia, beyond focusing on intervention with the child, extends as a global social responsibility that goes from the family, school and health context to basic social services and specialised care services for children. Children's policies must ensure comprehensive action that responds to the phenomenon of child violence globally.	

<i>disclaimer of your project on our website.</i>	The project aims to repair the trauma, both with children and adults who have suffered this experience and recover parental skills with specialised psychotherapy from the organisational link with the child protection services of the city (SEAIA).
<u>Context/ Social issues addressed</u> <i>Please explain the problem you attempt to solve with your practice.</i>	<p>The experience of violence by a caregiver has a strong impact on the child's neurobiological and psychological development. Several studies on child abuse and psychopathology also confirm that children who have suffered violence are more likely to suffer a mental disorder in the course of their lives. Fortunately, despite the early traumatic experience, several researches on brain development have also shown that the flexibility and plasticity of the brain make it possible to reduce the impact of abuse, stimulate new circuits and recover lost functions.</p> <p>Specialised child and adolescent care teams in Barcelona cannot respond to the need for trauma treatment that children and their parents need to recover from the consequences of the traumatic experience of abuse. It is also challenging to work on recovering parental skills, and the intervention with the parents tends to be scarce, tangential and lacking in systematisation.</p>
<u>Objectives:</u> <i>Please provide a maximum of three objectives in bullet points.</i>	<ol style="list-style-type: none"> 1. Improve the emotional well-being of children and adolescents who have suffered traumatic experiences, from the repair of psychological damage caused by violence, and the promotion of resilience and optimal development. 2. Recover the parental capacities and skills of parents who have exercised violence towards their sons and daughters to promote good treatment within the framework of healthy and competent parenting 3. Repair the relationship, whenever possible, between the family unit members where damage has occurred due to dysfunctional family dynamics.
<u>Activities:</u> <i>Please describe the activities put in place to achieve the objectives (maximum 300 words).</i>	<p>The main objective of the intervention will be to guarantee the emotional safety and repair of the consequences of the trauma in the child and adolescent, together with repairing and promoting the training of the parents by promoting good treatment, helping to create new forms of relationship, and improving the integral development of the child or adolescent.</p> <ul style="list-style-type: none"> - A specialised intervention with a dual focus that addresses the family's contextual elements and the intrapsychic and relational processes between its members. The design of the intervention with each family must take into account the maturational age of the children, the chronicity of the abuse and its severity, as well as the particularities of the family structure and the characteristics of each of its members - An intensive intervention: The earlier, more intensive, and appropriate to the needs of the context of the intervention, the more chances we have to prevent aggravation and future difficulties for the family.
<u>Outcomes:</u> <i>Please explain what the results were/are so far and how you evaluated this.</i>	The pilot project consists of an impact assessment designed for a two-year period (2024-2026). We will work with treatment and control groups to conduct this evaluation. The control group will receive the SEAIA treatment, which provides service to the child or adolescent and their parents, working to improve parental skills. The treatment group will receive the psychotherapeutic treatment for the project, which will be done jointly with the SEAIA service.
<u>Links to supporting documents:</u> <i>e.g. website or report of the</i>	https://guia.barcelona.cat/es/detall/niu-servei-de-psicoterapia-per-a-infants-adolescents-i-families_99400741946.html

<i>practice</i>	
<u>Comments and tips</u> <i>i.e. for people willing to use your Practice</i>	The distinguishing feature of this project is to focus on working with the entire family system to repair the trauma and prevent the intergenerational transmission of abuse.