



CASE STUDY

- **Referred by: School SENCO**
- **Reason for referral: School SENCO recommended Incredible Years Programme to mum as a way to manage the difficulties with child's behaviour.**

Referral to the therapist came via the school SENCO who recommended the course to mum as a way to manage the difficulties she was experiencing with child's behaviour. The referral stated that child had additional medical and learning needs and behavioural problems. Assessment took place at the family home.

The group intervention offers parents an experience to be heard, listen to and work in collaboration with each other and the therapist to normalise and reduce the problems currently experienced, thus putting the parent in the expert role, promoting empowerment and reduce social isolation.

On Assessment it was agreed with mum that the Incredible Years group intervention Parenting Programme would help her to develop her skills in specifically dealing with child's behaviours and enhance her coaching skills to help with the improvement of emotional regulation for child in order to meet her goal to reduce anger and to enhance on a positive relationship between mum and child .

Mum used parent carer strength and difficulties questionnaires that revealed her child to be in clinical ranges for:

Hyperactivity: start score 10

Conduct problems: start score 6

Mum created smart goals:

* To understand her situation more: start score 2

* To deal with child's anger better: start score 0

Due to the parent engaging in the group intervention the parent made new social relationships with other parents in the group. All members have made plans to meet up on a regular basis. Mum completed follow up outcome measures and Sdq scores

Hyperactivity: 9

Conduct problems: 3

Goal Scores:

* Understanding situation more: 7

* Deal with anger better: 9

Mum is receiving specialist support with regards to other medical and learning needs.

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