Improving Parental Insightfulness: A Video-Feedback, Play Therapy Based Intervention Program for Arab Parents of Children at Risk in Early Childhood

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Introduction

• **Insightfulness** is the parents' capacity to understand the motives underlying the behaviors and emotional experience of their child (Koren-Karie et al., 2002).

• Oppenheim & Koren-Karie. (2002) emphasize the importance of maternal insightfulness and sensitive caregiving and its impact on the child's internal world and socio-emotional development.

• Group intervention and videotape based intervention has been found to be effective in improving and changing child-parent attachment patterns (Marvin et al., 2002).

• Play is the natural medium of communication for children. Filial therapy is an intervention approach which enhances parents’ understanding of their child through play (Landreth, 2002).

• In Filial therapy parents have the privilege of entering into their child’s world and are able to experience the child’s point of view.

**Intervention program: Improving Parental Insightfulness Based On Video-Feedback And Play Therapy**

The program is comprised of 10 weekly meetings of 90 minutes each.

Participants:
A group of 5-7 Arab parents for children at risk.
Age of parents: 20-35 years old.
Age of children: 2-10 years old.

**Tools and practices to improve parents’ Insightfulness:**

- video feedback.
- child centered play therapy training.
- 30-minute weekly special playtime in the family home that will be videotaped and then discussed during the parents’ group meeting.
- reflection techniques.
- A.C.T. technique to set limits appropriately:
  A: Acknowledge the feeling/desire of the child
  C: Communicate the limit, the limit have to be universal not personally
  T: Target alternative.
- encouraging and positive feedback skills.

**Sessions:**

Pre-intervention: an individual meeting with each participating parent which will include an explanation about the program.

Session 1: Introducing the group participants, the program’s goals and explanation of the underlying theory of the intervention.

Session 2: Toys and play time, space and setting.

Session 3: Training the parents: play time, using role-play practices.

Session 4-9: Parents will share the videotaped parent-child play interaction during the group meeting and receive feedback. In addition, they will experience other practices such as setting limits with the ACT model.

Session 10: Conclusion and evaluation.

**Assessment:**

The Insightfulness Assessment (IA): pre-intervention and post-intervention.

Mother and child will be observed and videotaped in three different interaction episodes. The mothers will view and answer questions regarding the episodes focusing on the perception of their children’s thoughts and feelings.

**Take Home Message**

"Toys are the words and play is the language“ (Dr. Lendroth)

Training the parents to “understand the language” of their children

Empowering parents’ capacities through videotaped play time with their children.

Improving parents' **INSIGHTFULNESS**

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