

BEHAVIOURAL INTERVENTION

Behavioral Intervention

Behavioral intervention is essential in cases where an individual's personal characteristics

are seen to be affected by situations around them. In this particular case, it is noticeable that

Amee and Aaron have developed aggressive behavior at school that could be contributed to that

which they witness at home. Psychologists advise that violence is not good for children

especially in their early years as varied unhealthy responses may be observed. The focus of this

essay will be on a discussion of psycho educational and supportive approaches that might be

used at various levels in order to assist Amee and Aaron cope and develop resiliency. It

additionally explores differences in responses with appropriate reasoning and issues of gender,

diversity and ethics

One of the psycho educational approaches that can be used at community centers as well

as schools and even social service agencies is child parent psychotherapy. This particular

approach is essential as it aids both the parents and the child through an understanding of their

behaviors and consequently behavioral change. Child parent interactions as well as play therapy

for children are used as effective interventions. The child is able to express emotions that lead to

maladaptive behavior while the parent is able to understand their role in the same. Together,

parent and child work towards achieving better behavioral results (Schewe, 2004). The child

learns coping mechanisms and resiliency skills.

Another essential supportive approach that can be applied in this case is project support,

which can be employed at the community level. In this particular case, home visitations are

organized for children who are affected by domestic violence. Therapists in this case teach

mothers child management and nurturing skills that aids in strengthening the mother child

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relationship which the children dwell upon to develop resiliency techniques against maladaptive

behavior. Closely linked to this is the trauma focused psychological intervention that can also be

applied at the community level. The focus in this particular case is on therapeutic factors that can

aid in emotional awareness as well as expression (Schewe, 2004). Children are helped through

the development of emotional security and are also taught coping strategies. This approach bears

in mind the traumatic effects that accompany the exposure of children to violence.

In employing the above mentioned psychological interventions, it is imperative to note

that differences may be noted in responses. Responses to interventions tend to vary with age as

well as functional impairment, outcome expectancy and even levels of depression or effects on

the individuals. In the case of Amee and Aaron, individual differences might determine the levels

to which each of them is affected by witnessed violence thus differences in response.

Determining this in advance is essential for the psychologist so as to place them in specialized programs.

Finally, there are issues of gender as well as diversity and ethics that arise with the

intervention approaches. Child parent psychotherapy for instance, takes note of the fact that the

violent behavior of the parents, tends to negatively affect the child. Helping the parent in this

particular realization and consequently change is crucial to the intervention process. Ethical

issues that arise in this particular case include the parents' expression of violent behavior in front

of their children. It is advisable that while conflict may exist between parents, it is wrong to act

violently while the children watch. Gender issues also arise in this case considering the particular

parent involved in the interventions. While it is advisable that both parents be involved as they

all contribute to affecting behavior in their children, it is mostly the mother that is involved. In

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BEHAVIOURAL INTERVENTION

advocating for behavioral intervention, therefore, it is essential to encourage parent's involvement
irrespective of gender issues.

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References

Schewe, P. A., (2004). Interventions for children exposed to domestic violence. *The Community Psychologist*, 37(4), 31-34.

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