Allied health teletherapy programs: factors in parent/carer engagement and therapeutic alliance

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Teletherapy
by allied health professionals

TELEThERAPY: Therapy provided through videoconferencing, telephone and/or email, by e.g. Psychologists, Occupational Therapists, Speech Pathologists, and others.

The University of Sydney
Caregiver-therapist therapeutic alliance: why is it important in paediatric therapy?

OUTCOMES

- Child Engagement
- Family Engagement
- Therapeutic Alliance
- Relationship Alliance
- Task Alliance
Caregiver-Therapist Alliance in Teletherapy: Interview findings

Therapeutic Alliance

Relationship Alliance

Task Alliance

Rapport evaluated from therapist's words, actions and reactions

Parent seeking the therapist’s rapport with parent and child

Rapport evaluated from therapist's non-verbal communication

Parent seeking the therapist's collaboration

Rapport evaluated from the therapist’s manner while speaking

Parent seeking the therapist’s collaboration

Evaluation of therapist’s efforts to convey information

Evaluation of therapist’s efforts to partner with the parent
What the findings can mean for us

Systematically fulfil these parent/caregiver needs: of sufficient communication, of partnership and of rapport.

Structure these needs into community consultation, pre-session and post session discussion, follow-up, and constant feedback.

Consider the *Therapeutic Alliance Scale for Carers and Parents* in tracking some effects of program changes.