




Are parents the medicine?

DOES MDFT WORK WITH SCHOOL REFUSAL?

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A faded, grayscale background image of a man's face, likely a portrait of a historical figure, is visible behind the text. The man has dark hair and a beard, and is looking slightly to the right. The image is semi-transparent, allowing the text to be clearly legible.

The story of Levi's mother

About the treatment

MULTIDIMENSIONAL FAMILY THERAPY (MDFT)
(2 BOYS)

MDFT-therapist:

Goals: social emotional skills, parenting style, communication, cohesion, routines

2 sessions a week

MDFT AND EDUCATION CARE CENTRE (ECC)
(6 BOYS)

MDFT-therapist: communication, cohesion, routines

Teachers: cognitive goals

Social workers: a safe environment, social emotional skills, planning skills

Daily basis

Research
question:
“Does MDFT
help with SR?”

School refusal is hard to recognize

MDFT is an evidence based program
for drugs abuse and oppositional
problems

..but MDFT is not researched for the
application with SR!

Method

School attendance: registration

Individual- & family functioning: Child Behaviour Checklist, Youth Self Report, Family Questionnaire

Interviews with MDFT-therapists & social workers

Dossier analysis

Results

0 % attendance

- 2 boys
- MDFT without ECC

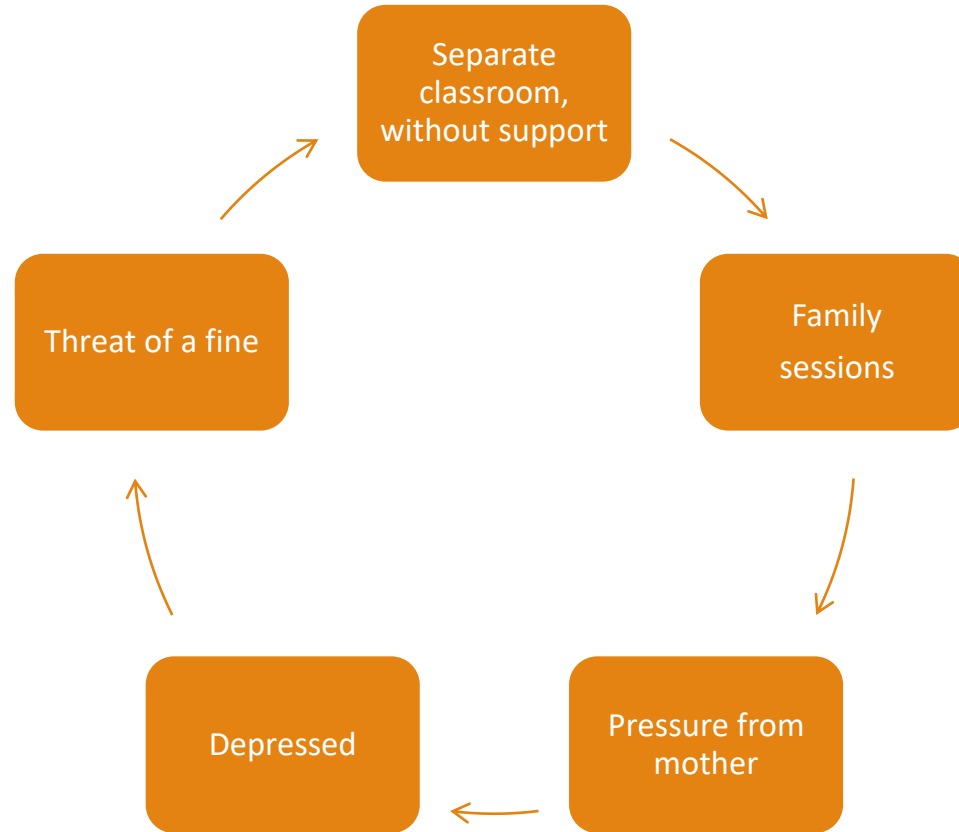
10-50 % attendance

- 4 boys
- MDFT+ECC

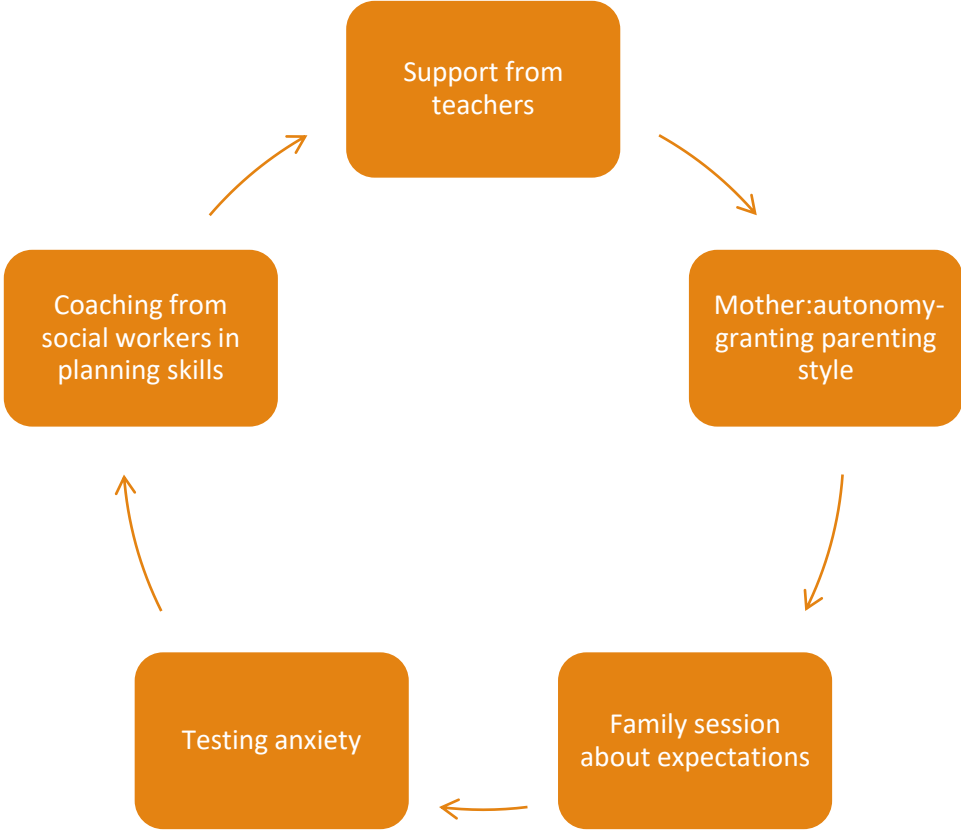
98 % attendance

- 2 boys
- MDFT+ECC

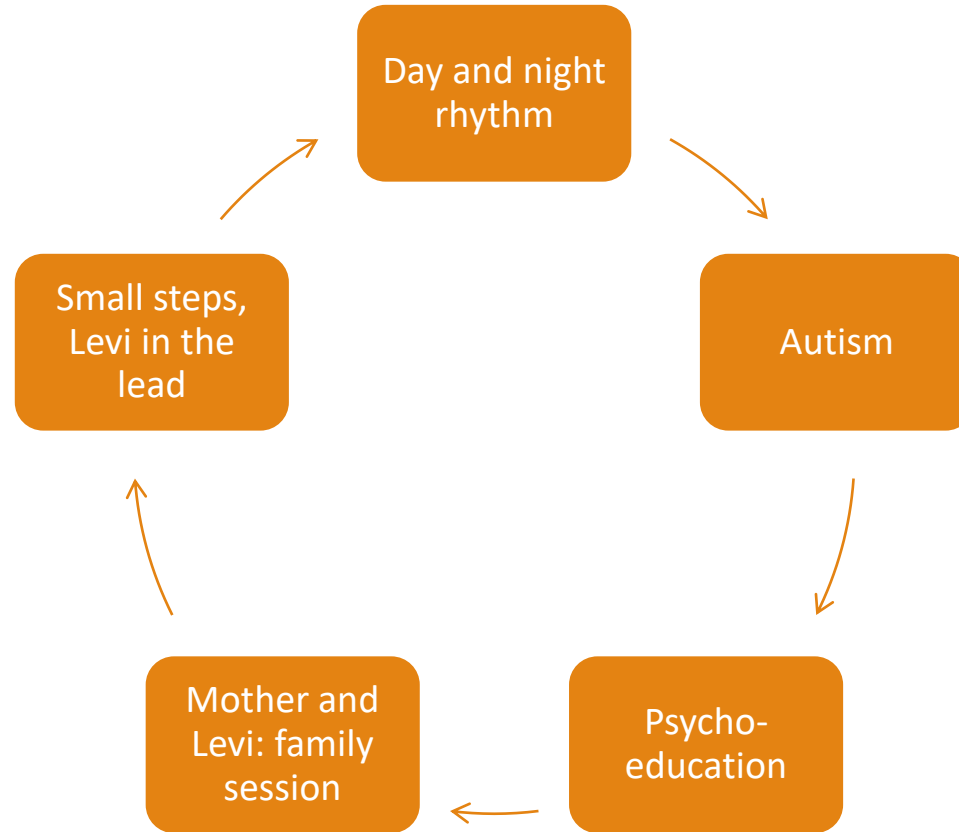
Zero attendance: Daan



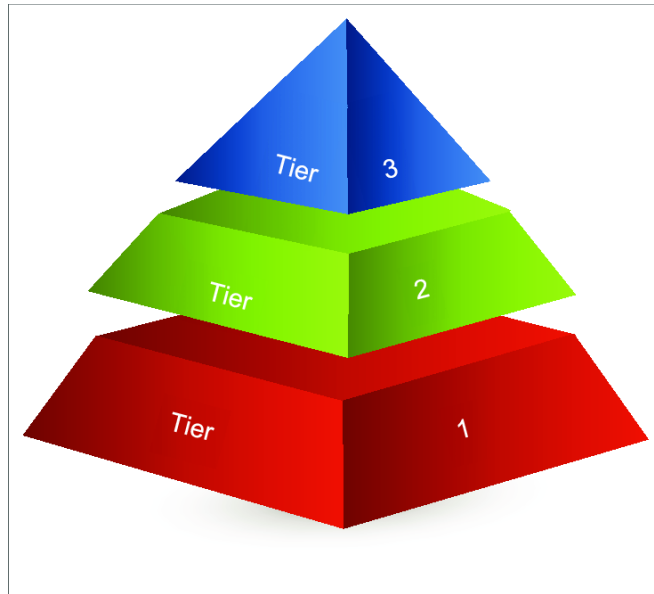
Full attendance: Liam



Partly attendance: Levi



Multi-dimensional, Multi-tiered System of Supports Model

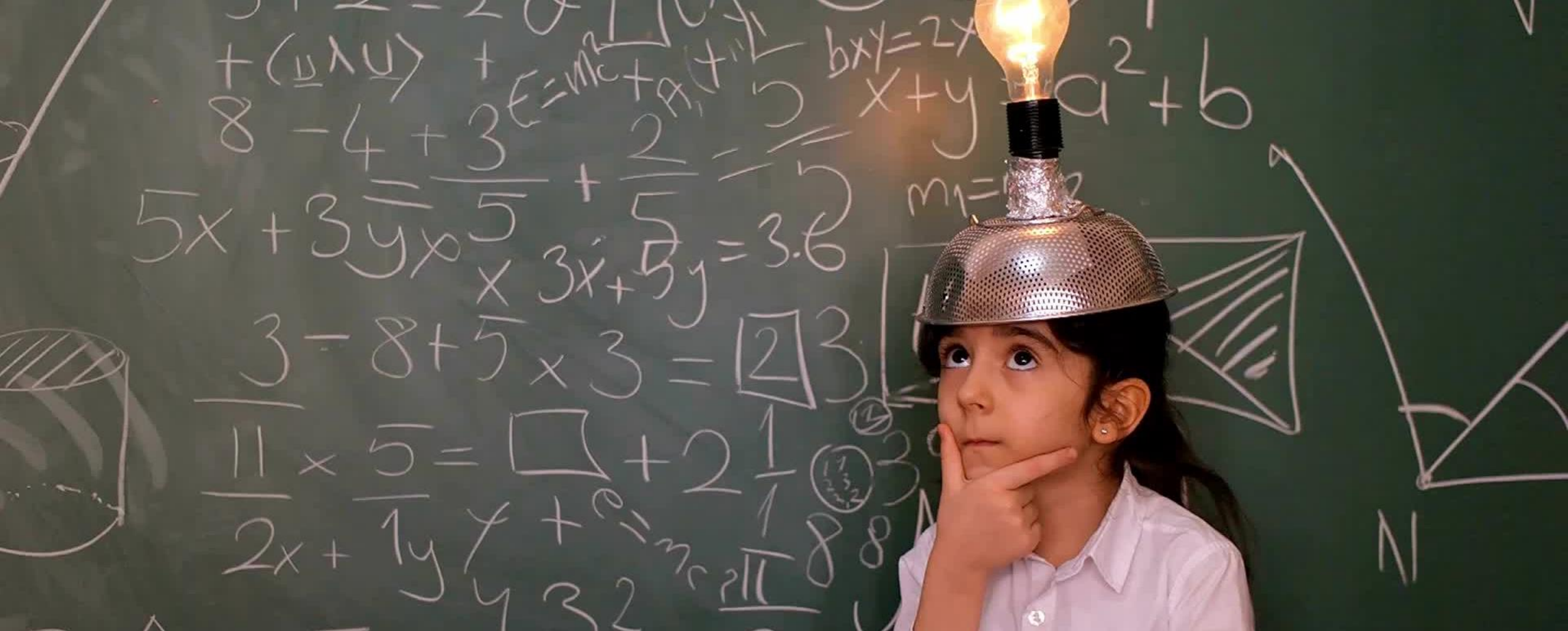


Tier 1: Prevention, eg schoolclimate

Tier 2: Single intervention, eg CBT

Tier 3: Customized & multi-disciplinary, if necessary safe controlled schoolenvironment

(Kearney et al., 2020)



Self-Determination Theory: Successes lead to an increase of competence and motivation
(Ryan et al., 2008)



Attachment theory: closeness with teachers (and social workers)
can lead to a decrease in stress and internalizing problems
(Lin et al., 2021)

Recommendations

More research
needed

Education for
Family-therapists

Take Home Message

Parents and teachers,
they are the medicine,
together!

MDFT can play a role in
bringing them
together..

Literature

Kearney, C. A., & Graczyk, P. A. (2020). A multidimensional, multi-tiered system of supports model to promote school attendance and address school absenteeism. *Clinical child and family psychology review*, 23(3), 316-337. <https://doi.org/10.1007/s10567-020-00317-1>

Lin, S., Fabris, M. A., & Longobardi, C. (2021). Closeness in Student–Teacher Relationships and Students’ Psychological Well-Being: The Mediating Role of Hope. *Journal of Emotional and Behavioral Disorders*, 10634266211013756. DOI: 10.1177/10634266211013756

Ryan, R. M., & Deci, E. L. (2008). A self-determination theory approach to psychotherapy: The motivational basis for effective change. *Canadian Psychology/Psychologie canadienne*, 49(3), 186. <https://doi.org/10.1037/a0012753>

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