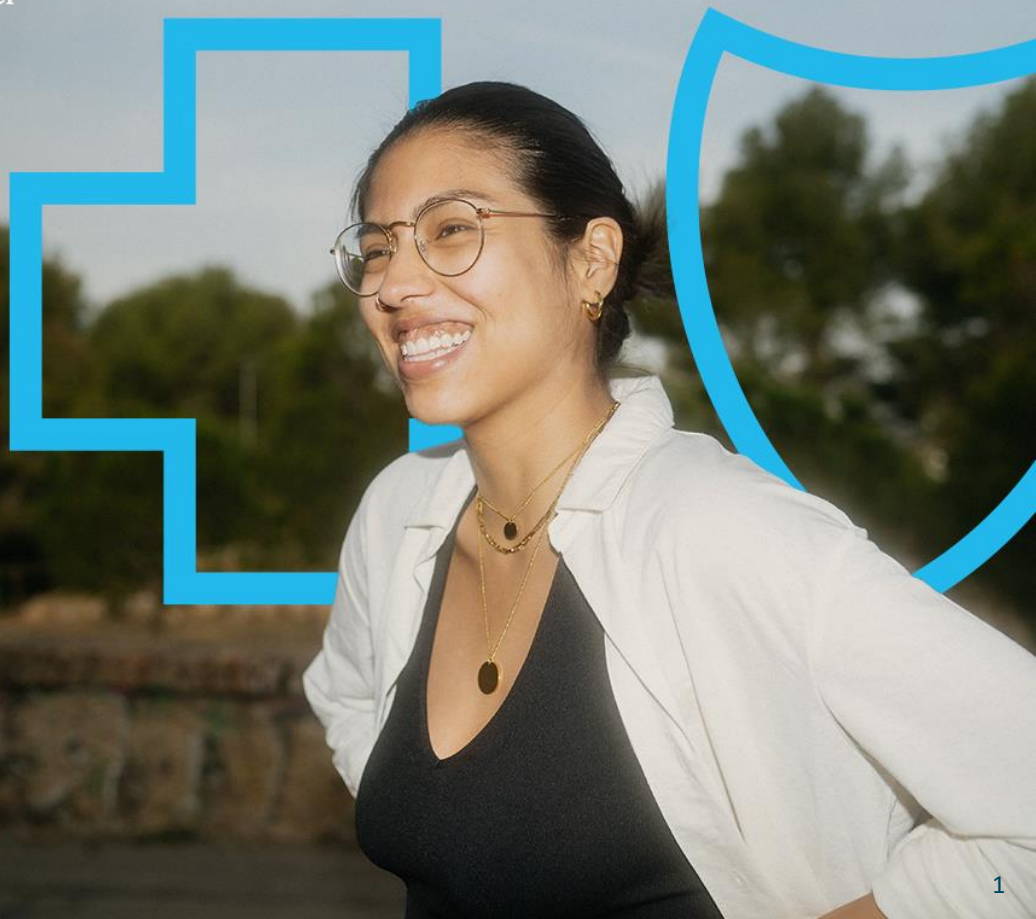


# Dyadic Therapy Medicaid Service Provider Training



# Agenda

- Overview
- Goals
- Objectives
- Wrap Up
- Q&A

# Overview

# Overview

- Dyadic Therapy, or parent-child therapy, focuses on improving the relational and emotional well-being of children and their primary caregivers.
- Dyadic Therapy effectively addresses developmental, emotional, and behavioral issues through a process that involves the participation of the caregiver and the child.
- This training is designed to help you effectively identify Dyadic Therapy as an appropriate option and how to make referrals to participating providers.



# Goals

- Learn how to identify when Dyadic Therapy may be beneficial for clients participating in services.
- Learn ways to support the mental health and relational well-being of children and caregivers receiving services.

# Objectives

# Objectives

The primary objectives of this training include:

1. Define Dyadic Therapy
2. Understand the Fundamentals of Dyadic Therapy
3. Identify Appropriate Candidates for Dyadic Therapy
4. Establish Safe and Supportive Therapeutic Environments
5. Implement Engagement Strategies that Foster Collaboration and Trust
6. Steps to Making a Referral to Therapeutic Providers



# Fundamentals and Potential Benefits

## Fundamentals and Definition:

- Dyadic Therapy is a therapeutic approach that involves both the child and their primary caregiver(s) working together in sessions with a licensed clinician.
- Dyadic Therapy aims to:
  - Improve the relationship between the child and the caregiver.
  - Enhance emotional regulation.
  - Address behavioral and developmental issues by focusing on the interactions and dynamics between a caregiver-child pair, called the dyad.

## Potential Benefits for Child and Caregiver:

- Enhanced attachment and bonding:
  - Tightens the emotional bond between the child and caregiver, fostering a sense of security and trust.
  - Strengthens the child's psychological development and emotional resiliency.
- Improved emotional regulation:
  - Children learn to manage their emotions more effectively while reducing instances of emotional outbursts, anxiety, and stress.
  - Caregivers learn skills to help their children navigate challenging emotions.

# Fundamentals and Potential Benefits (cont.)



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- Better communication:
  - The child and caregiver develop improved communication skills by learning to express their needs, thoughts, and feelings more clearly and constructively.
  - This can reduce misunderstandings and conflicts.
- Positive behavioral changes:
  - Children can develop better coping strategies and social skills, reduce aggression, defiance, and oppositional behavior.
- Strengthened parenting skills:
  - Caregivers gain insight into their parenting style and learn effective strategies to support their child's emotional and behavioral needs.
  - This can lead to increased confidence in their parenting role.
- Support for developmental progress:
  - Dyadic Therapy can address developmental delays or concerns by identifying skills and activities that promote cognitive, social, and emotional growth in children.

# Fundamentals and Benefits (cont.)

- Reduction of caregiver stress:
  - By working together in therapy, caregivers may experience a reduction in their own stress and anxiety as they better understand their child's needs and behaviors.
- Family support:
  - Therapy addresses broader family dynamics and environmental factors
  - Offers holistic support leading to positive changes in family relationships and functioning.

# Identifying Appropriate Candidates

- To identify candidates, consider the child's:
  - Age — typically birth to six years
  - Clinical history
  - Current behavioral-emotional status
  - Relational dynamics of the child and caregiver
- Methods to identify candidates:
  - Initial intake and clinical assessment
  - Standardized assessment tools
  - Direct observations
  - Review of existing records
- Common indicators of therapy candidates include:
  - Developmental concerns
  - Behavioral issues that strain the caregiver - child relationship
  - Emotional challenges
  - Attachment issues affecting the child's ability to form healthy relationships
  - Parenting stress
  - Relational strain
  - History of trauma or adversity

# Identifying Appropriate Candidates (cont.)

- To determine eligibility, use a combination of:
  - Clinical interviews
  - Standardized assessment tools
  - Observational techniques

# Establishing Collaboration and Trust

- Establishing collaboration and trust involves building a strong therapeutic relationship with the child and the caregiver
- This process requires a combination of:
  - Empathy
  - Active listening
  - Transparency
  - Consistent engagement
- Start this process by:
  - Creating a safe and welcoming environment
  - Building rapport early
  - Actively listening
  - Demonstrating empathy
  - Being transparent and consistent
  - Praising the caregiver for positive parenting
  - Addressing barriers and concerns

# Making a Referral

## Follow These Steps to Make a Referral for Dyadic Therapy:

1. Identify and determine the need for therapy.
2. Discuss the referral with the caregiver.
3. Gather and share necessary referral information with the care manager.
4. Work together with the care manager and caregiver to determine the most appropriate treatment.
5. Follow up.
6. Coordinate care.

## Wrap Up



# Summary and Conclusion

- Dyadic Therapy improves child and caregiver attachment and healing by providing a safe and supportive treatment environment.
- Identifying appropriate candidates involves an assessment of current symptoms and needs.
- Implementing engagement strategies can foster collaboration and trust between the child and caregiver.

## Q&A

# Thank you

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