



Learn from Experts: Intensive Outpatient Program (IOP)
Question: What role do parents play in their child's IOP program?
How DO parents support THEIR child in an Intensive Outpatient Program (IOP)?
TRANSCRIPT



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Watch Time: 1:39 minutes

Read Time: less than 1 minute (approximately)

Dr. Dan Mortenson, PhD, Lead Therapist Chicago Cognitive Behavioral Treatment Center LLC:

Parents are usually heavily involved. There tends to also be a family component where there's maybe a family therapist that's able to meet with everybody together and address some of the issues that are going on in the family. And a lot of the parents also wanna know how to respond? How can they be most supportive, especially when it comes to anxiety? If that's part of the picture, a lot of the usual stuff that parents go to of saying like, "it's gonna be okay" or "let's just try to work on this together." Sometimes that might not work so well with anxiety. So being able to address the parenting strategies and components of what parents can do most effectively, that's a huge part of IOP as well. I think it's almost like a package deal; there's a lot of individual support, there's the group stuff but it's also having the parents feel that they're also supported and they're expanding their skillset, so they know how to respond to things too.

This does feel overwhelming; where do I even begin with this? And I think all of the stuff that's triggered for parents about did I make a mistake? Is there something I did that results in an IOP placement? And the answer is no. This is not something because of something you did, that needs to happen. It's just like how you would think for any kind of doctor visit. Like sometimes if there's a digestive issue or something that's going on is that that's not anybody's fault.