The Effect of Interruptions on Therapeutic Needs of Elementary School Students with High Levels of Care
Paige Eckenrode, Dr. Gary Dick
College of Allied Health Sciences, School of Social Work

BACKGROUND

• At Carson Elementary School, there are four St. Joseph Orphanage Employees.

• While practitioners are at work they are faced with countless interruptions that hinder how they provide services.

• Psychodynamic psychotherapy has been proven to help reduce behavioral and emotional problems over the course of twelve months in treatment.

• Research has shown that there were moderate to strong effects of school based counseling and psychotherapy when used appropriately.

• In a 16-week Dialectical Behavior Therapy program, results showed that there were significant reductions of presence and frequency of self-harm, suicidal ideation, and depression, reduction in the number of acute inpatient admissions, bed days, and emergency department visits.

METHODS

• Mixed Methods Descriptive Study

• Qualitative component: participant observation

• Record frequency of interruptions in data table

• Record a written description of the interruption

• Analyze data and create visual aides to display results

• Data Table

- Excel Spreadsheet
- Journal

RESULTS

• Over the course of this ___ week study there were 128 total interruptions

- 36 from St. Joe’s Staff, 31 from Carson Elementary Staff, 38 by clients, 18 phone calls, and 5 categorized as other

• Data was recorded on 15 of the 17 days

PURPOSE

The purpose of this study is to categorize the types of interruptions that professionals at Carson Elementary School face while providing psychotherapy to clients.

PARTICIPANTS

• Clients, Carson Elementary School Staff, St. Joseph Orphanage Staff, people who call the office, and other interruptions to the lead therapist are the main participants in this study.

• They participate by interrupting the therapist while she is providing therapy to elementary school students with high levels of care.

DATA ANALYSIS

• After collecting all of the data, graphs were created to show the data

• The softwares that were used were Microsoft Excel and Macintosh Numbers

DISCUSSION

• Results showed that there was a significant number of interruptions that can seriously hinder the effectiveness of psychotherapy.

CONCLUSIONS

• The number of interruptions that occur can significantly effect the effectiveness of a therapist

• Interruptions prevent St. Joe’s employees from effectively doing their job.

REFERENCES

