

## 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.

## 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.

## 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

Date: \_\_\_\_\_

Interruption by St. Joe's Staff	
Interruption by Carson Staff	
Interruption by Client	
Interruption by Phone	
Other	

- Excel Spreadsheet
- Journal

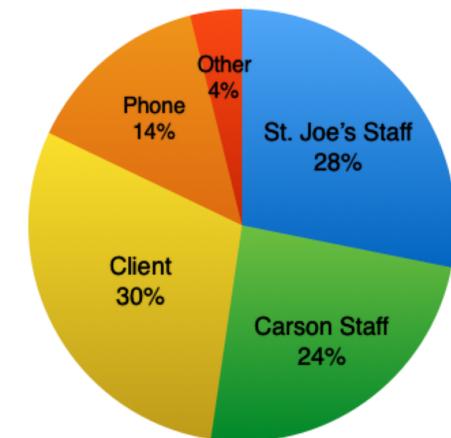
## DATA ANALYSIS

- After collecting all of the data, graphs were created to show the data
- The softwares that were used were Microsoft Excel and Macintosh Numbers

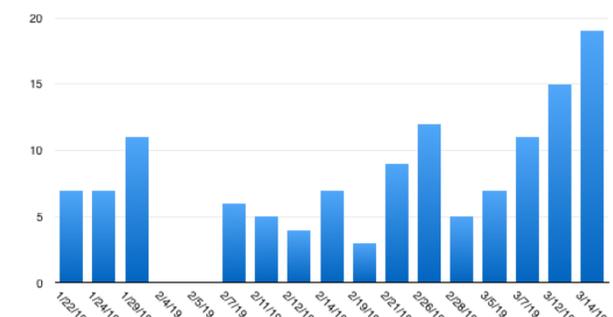
## LIMITATIONS

- Time Limited
- One Staff Member

## 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



## 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.

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