

Sleep(Y) Rounds Lecture Series – March 18, 2010

The Family Ecology Interview: A Dialogue Designed to Facilitate Treatment Adherence

Presenter: Dr. Joseph Lucyshyn

*Biographical Sketch:* Joseph Lucyshyn is an Associate Professor in the Department of Educational and Counselling Psychology and Special Education at the University of British Columbia. His areas of interest and expertise include children with developmental disabilities, positive behaviour support (PBS), instructional technology, and family support. Over the past 18 years, Dr. Lucyshyn has been engaged in research in the area of PBS with families of children with developmental disabilities and severe problem behaviour. He is currently completing a 5-year research project funded by the U.S. National Institutes of Health in which he is investigating the efficacy and acceptability of an ecological, family centered approach to positive behaviour support that aims to improve parent-child relationships within valued family routines

*Abstract:* The presentation will introduce the Family Ecology Assessment, an interview with parents that may be helpful to health care professionals involved in developing sleep interventions for children with developmental disabilities and sleep problems. Because sleep interventions are most often implemented by a child's parents in the home, the possibility of treatment non-adherence is present. Research findings and clinical experience suggest that there are several things health care professionals can do to facilitate treatment adherence. These include: (a) fostering a collaborative partnership; (b) being child- and family-oriented; (c) customizing treatment; and (d) enlisting the support of significant others. The Family Ecology Assessment gathers information relevant to achieving these treatment adherence aims. The information is used to design a behavioural intervention that possesses a good "contextual fit" with the family. Such interventions are more likely to be implemented with fidelity and sustained over time. Use of the assessment will be illustrated with one family of a child with autism who experienced sleep problems.

*Learning Objectives:* As a result of this workshop, participants will be able to:

1. Describe the purpose of the Family Ecology Interview
2. Understand factors that promote or impede treatment adherence in the health care professions
3. Define the concept of "contextual fit."
4. List six areas of family ecology that are relevant to the design of a behaviour support plan that is likely possess a good contextual fit with the family
5. List the core elements of family activity settings