

Comparison between maternal representation of mother-child relationship before and after drama therapy intervention focused on maternal insightfulness

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In the present study we examined whether mother's representations of the mother-child relationship will improve as a result of dramatherapy intervention focusing on "maternal-insightfulness." This model of intervention is a short-term, ten-week group intervention program (Parental Insightfulness Drama Therapy, PIDT, Feniger-Schaal, Koren-Karie & Bareket, 2013). It was used in this study for mothers of children at risk due to inadequate parental care.

The study is part of a bigger project, including seven Child-Parents centers belonging to the Israeli Welfare Office. The centers are designated to treat children with emotional and behavioral problems due to inadequate parental care, and their families. The sample included 29 mothers.

All participants were assessed before and after treatment using the Insightfulness Assessment. In this study we focused on the two last questions of the interview: "What mostly describes your relationship with your child," and "What are your future expectations from your relationship for the upcoming year". We used thematic analysis to explore the content of these questions before and after intervention. It was hypothesized that mothers will show an improvement in their representations of the relationship and their future expectations regarding the child as a result of the intervention.

Our hypothesis was partly supported. Results showed that mothers showed a positive view of child, togetherness, and improvement of relationship more often after therapy compared to before. In addition, mothers used less symbiotic features in the content of the interview after intervention. The hypothesis regarding change in mothers' future expectation from the relationship was not supported.

Bibliography:

Fenigar-Schaal, R., Koren-Karie, N., & Bareket, M. (2013). Dramatherapy focusing on maternal insightfulness: A Preliminary Report. *The Arts in Psychotherapy*, 40, 185-191.

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