

# KYLIE

## Background

When Kylie\* was four months old, she was removed from her biological mother due to child protection concerns. Kylie and her older sibling were placed in a safe, nurturing home with their Aunt Louise\*.

By the age of three, Kylie started to display challenging behaviours at home and daycare. Her exposure to trauma, both prenatally and as an infant, manifested in oppositional behaviour, aggression and poor concentration. At daycare Kylie began to hit and bite other children, while struggling with social expectations and learning milestones.

Kylie's caseworker, concerned about her behaviour and development, referred her and Louise to LINKS Trauma Healing Service. Mental health clinician Maria\* determined that Louise and Kylie could benefit from Parent Child Interaction Therapy (PCIT). Louise and Kylie attended weekly sessions for 6 months.



## The LINKS Difference

Kylie's behaviour improved noticeably within several sessions. She could stay on task, listen and follow Louise's instructions. With months of regular therapy, Kylie became far less aggressive and stopped biting other children. Louise reported a positive impact for the whole family. They could go to shops, parks or restaurants and know that Kylie would remain calm. All family members used PCIT strategies, and Louise felt confident that they could manage Kylie's behaviours.

"I now don't have to worry about Kylie running away, because she listens to me," Louise reported. "She is a lot calmer and so am I. We are enjoying spending time together again - she is so bright and so helpful. She still has her moments, like all three year olds, but I can manage these now and she behaves really well most of the time".

Maria also noted "huge improvements" in Kylie's emotional regulation. By undertaking PCIT with LINKS, Louise learnt play therapy skills that strengthened her existing attachment with Kylie. PCIT provided Louise the necessary strategies to help with limit setting, boundaries and consequences for behaviour.

Kylie is now able to attend daycare regularly again. When Kylie does have challenging behaviours, Louise feels able to respond with the skills she learnt in PCIT. Having achieved incredible behavioural improvements with LINKS, Kylie is well placed to engage in speech and occupational therapy to assist her overall functioning.

\*names changed to protect identities