



Beth Powell's In-Family Services

Family Centered & Trauma-Focused

Counseling and Psychotherapy, Parent & Professional Trainings,
Trauma-Sensitive Yoga

Treatment Plan

Name of Client: Greta Washington
DOB and Age: 4/17/2015 (age 8)
Evaluator: Lucy (Beth) Powell, LCSW
Initial or Quarterly Treatment Plan: Initial
Date of Plan: May 7, 2023

DSM-5 Diagnostic Impressions

F43.12 (Developmental PTSD, Chronic, flight-freeze continuum); child is highly dissociative, conflict-avoidant, passive aggressive. Doesn't seem to connect to others but not in the same way an autistic child has difficulty connecting to others. Neuro-Behavioral Challenges: Enteroceptive and proprioceptive deficits, awkward, non-rhythmic, uncoordinated physical movement and interaction with others, lack of developmentally appropriate cause-effect thinking; not well lateralized, delayed binocular teaming, hyper-vestibular; R/O a pragmatic language disorder and an auditory processing disorder.

Brief History and Reason for Treatment

Child suffered extreme neglect until removed from birth home at 16 months of age by CPS. She was also born premature. It is suspected that birth mom used Meth while pregnant. Child doesn't seem to know where she is in time and in space, still has some enuresis and encopresis, doesn't seem to know when she is hungry or full and has no awareness of how she feels, what she likes or dislikes. Displays lack of self-awareness, other awareness, and empathy. She has been adopted by a loving family. She steals at school and at home. Mom says if she wants it, she takes it. She seems to have no attachment to anyone, mom says, and doesn't seem to care if people want to be around her or not. She has never carried on a conversation with anyone that one can recollect. She "just kind of floats around" mom said. No one knows when she is telling the truth or when she is lying. Mom says she is hard to read because she doesn't connect.

Lucy (Beth) Powell, LCSW

Author of Fun Games and Physical Activities to Help Heal Children Who Hurt: Get on Your Feet!

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Treatment Goals and Modalities with Time Frames

Child seems to be at the conscience development stage of a young child: See it, want it, take it (socio-emotional age of 0 to 3). This child has a lot to catch up on developmentally and socio-emotionally to help her become all she can be and to help her connect to herself and to others. Let's have hope.

Current Interventions or Recommendations (Initial, very beginning level, for a 3-4 month period, then re-evaluation)

1. Neuro-Psychological Evaluation by PH.D psychologist. Would the neuropsychologist recommend a neurological work up for Greta or some type of genetic testing? What would be her full-scale IQ estimate?
2. Speech therapy evaluation and possibly an evaluation by an audiologist. The speech therapist should have an idea regarding need for referral for an auditory processing disorder diagnosis.
3. A physical therapy evaluation.
4. A neuro-behavioral and socio-emotional filial home play therapy protocol. This evaluator can work one up for this child and family and adapt it as needed. Read: ***The Connected Child*** by Doctors Karyn Purvis and David Cross. Also get this evaluator's book which compliments the work of Doctors Purvis and Cross: ***Fun Games and Physical Activities to Help Heal Children Who Hurt: Get on Your Feet.***
5. Be sure rhythm therapy is a part of her brain-wake-up protocol. This evaluator has an article on the benefits of rhythm therapy on her web site on the Magazine Articles page. The article is entitled: ***Feel the Beat: The Impact of Rhythm on the Brain.*** This therapist will make sure rhythm is a part of her home-healing protocol.
6. A personalized behavior modification program. We have to find out first just what she will work for. Something besides stealing and lying has to create enjoyment for her. We will find something.
7. Restititutional Mediation for when she has hurt someone by lying or stealing. This is the first step in the development of empathy. Please see this evaluator's manual on this topic on her web site under manuals and powerpoints.