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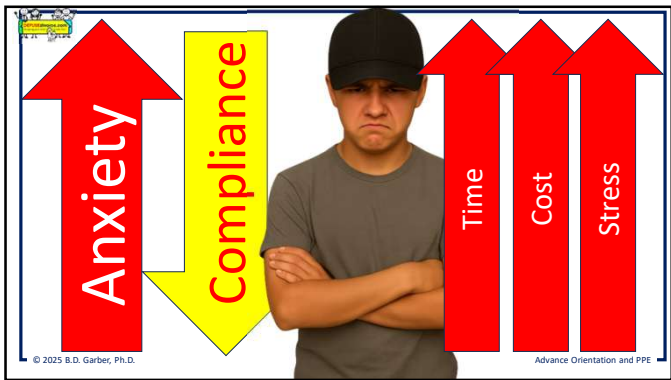
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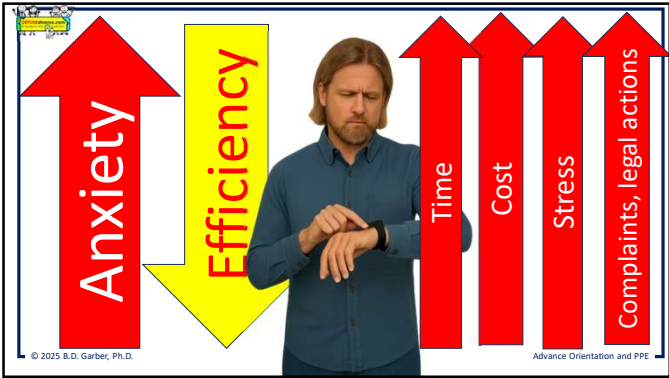
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ECOLOGICAL VALIDITY

How representative of this family's real-life functioning are these measurements?

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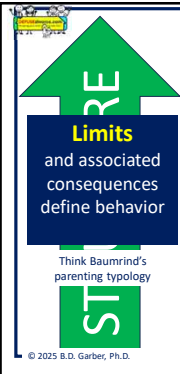
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Structure reduces anxiety.

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Four types of structure

Limits and associated consequences define behavior Think Baumrind's parenting typology	Boundaries define space Physical boundaries within and between homes	Roles define relationships Hierarchical distribution of resources? Co-parenting? Enmeshment?	Routines and rituals define time How predictable is the child's world?
--	--	--	--

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Limits, boundaries, roles, and routines:
Focus on structure in
forensic relationship intervention,
evaluation, and adjudication.

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Under Review 10.2025

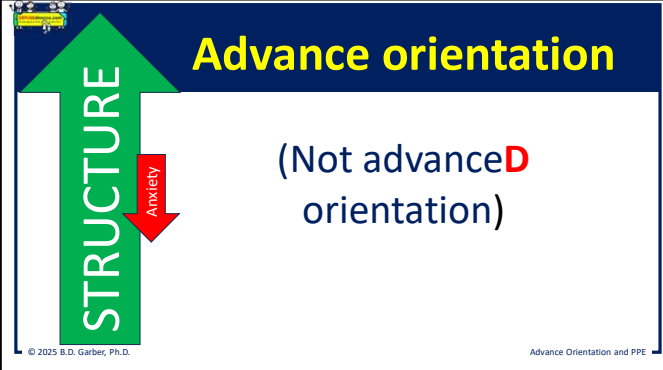
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Advance orientation

(Not advance^D orientation)

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Advance orientation

provides consumers of a service with information about the limits, boundaries, roles, and routines of that service prior to engagement.

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Physicians know this:

Advance orientation
e.g., ERAS protocol

Compliance
Satisfaction
Efficiency
Efficacy

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Enhanced Recovery After Surgery (ERAS)

advance training protocols “reduce the patient’s surgical stress response, optimize their physiologic function, and facilitate recovery”

AANA
American Association of Nurse Anesthetists

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STRUCTURE

“At 1 month following surgery, a smaller proportion of patients in the ERAS group were using opioids...”

Ali ZS, Flanders TM, Otturk AK, Mathotra NR, Lucinskas L, McShane BJ, Gardiner D, Rupich K, Chen H, Schuster J, Marcotte PJ, Kattan MT, Grady MS, Fleisher LA, Walsh WC. Enhanced recovery after elective spinal and peripheral nerve surgery: pilot study from a single institution. J Neurosurg Spine. 2019 Jan 25;1-9. doi: 10.3171/2018.9.SPINE18681. Epub ahead of print. PMID: 3064933.

19

STRUCTURE

“Intravenous opioid medications postoperatively via patient-controlled analgesia was nearly eliminated in the ERAS group ...”

Ali ZS, Flanders TM, Otturk AK, Mathotra NR, Lucinskas L, McShane BJ, Gardiner D, Rupich K, Chen H, Schuster J, Marcotte PJ, Kattan MT, Grady MS, Fleisher LA, Walsh WC. Enhanced recovery after elective spinal and peripheral nerve surgery: pilot study from a single institution. J Neurosurg Spine. 2019 Jan 25;1-9. doi: 10.3171/2018.9.SPINE18681. Epub ahead of print. PMID: 3064933.

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STRUCTURE

Pediatric surgery

“a family-centered preoperative behavioral intervention not only reduced children’s anxiety before surgery, but also reduced the incidence of postoperative delirium, shortened discharge time after surgery, and reduced analgesic consumption after surgery.”

Zeev N, Kain A, Alison A, Caldwell Andrews, Linda C Mayes, Megan E. Weinberg, Shu-Ming Wang, Jill E. MacLaren, Ronald L. Blount. Family-centered Preparation for Surgery Improves Postoperative Outcomes in Children: A Randomized Controlled Trial. Anesthesiology 2007; 106:63-74.

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STRUCTURE

“Educational materials such as videotapes specifically designed to provide information and promote active participation in treatment decisions can be effective tools for reducing anxiety and physiological arousal during stressful procedures.”

Krouse, H.J. (2001). Video modelling to educate patients. *Journal of Advanced Nursing*, 33, 748-757. <https://doi.org/10.1046/j.1365-2648.2001.01716.x>

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“... role-modeling in video decreases patients' anxiety, pain, and sympathetic arousal while increasing knowledge, cooperation, and coping ability. ”

Gagliano M.E. (1988) A literature review on the efficacy of video in patient education. *Journal of Medical Education* 63, 785-792.

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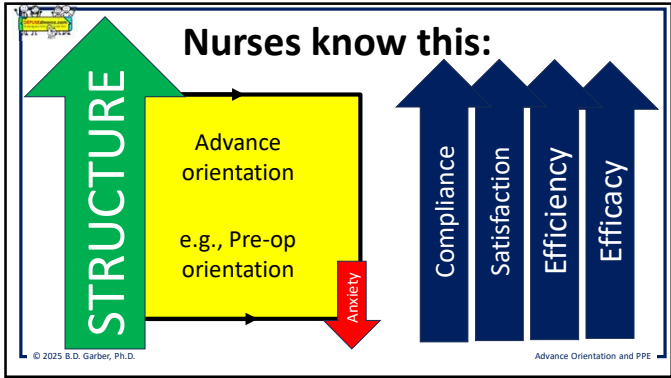
STRUCTURE

“... a supportive preoperative [video]tape can ... facilitate the preoperative visit.”

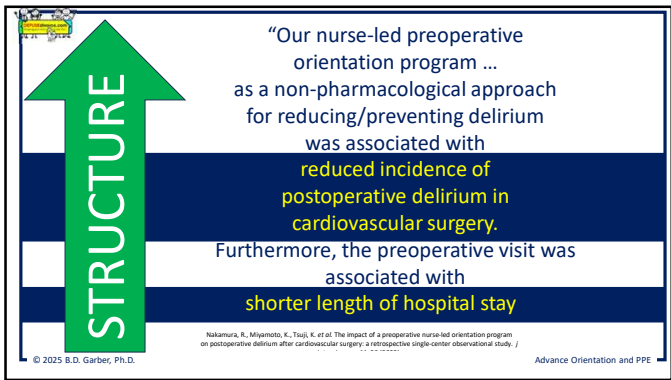
Karl H.W., Pausa R.J., Heyneman N. & Tricker D.E. (1990). Preanesthetic preparation of pediatric outpatients: the role of a videotape for parents. *Journal of Clinical Anesthesia*, 172-177.

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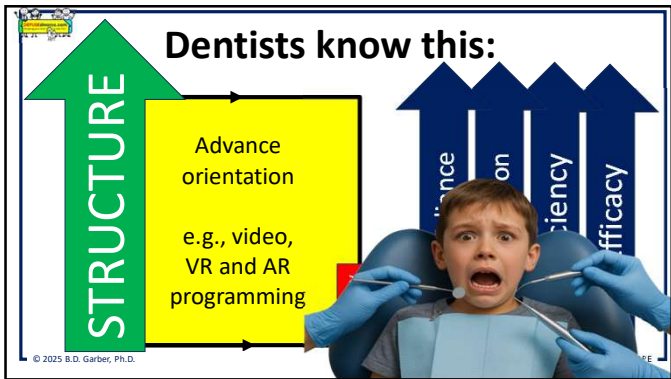
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STRUCTURE

“Children in the test group had significantly less anxiety after watching the video than children in the control group throughout the subsequent dental procedure ... presumably because the test group were aware of what was going to happen to them after watching the modelling video.”

Al Namankany, A., Petrie, A. & Ashley, P. Video modelling and reducing anxiety related to dental injections – a randomized clinical trial. *Br Dent J* 2014; 117: 479-479 (2014). <https://doi.org/10.1038/sj.bdj.2014.497>

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STRUCTURE

“Children who viewed the videotape demonstration of a peer model coping with dental procedures showed significantly fewer fear-related disruptive behaviors during restoration of lesions.”

Melamed BG, Weinstein D, Katin-Borland M, Hawes R. Reduction of fear-related dental management problems with use of filmed modeling. *J Am Dent Assoc*. 1975 Apr;90(4):822-6.

29

STRUCTURE

“... playing certain dental simulation games before the first dental visit might reduce the anxiety felt during anesthetic injections and drilling.”

Moshiri R, Basiri L, Alidadi F, Behboudi A, Rakhshan V. Effects of Pretreatment Exposure to Dental Practice Using a Smartphone Dental Simulation Game on Children's Pain and Anxiety: A Preliminary Double-Blind Randomized Clinical Trial. *J Dent (Tehran)*. 2018 Jul;15(4):250-258.

30

STRUCTURE

“... the intervention group displayed lower HR during [dental procedures] ... the results suggest that engaging in specific dental simulation games prior to the 1st dentist visit could help preschoolers feel less anxious during routine dental operations.”

Maria V. Patel RSB, Kumar S, Thwari S, Bagat S. Influence of pretreatment exposure to pediatric dental care using the “Tiny dentist” game on 4-7 years old children’s pain and anxiety: a parallel randomised clinical trial. J Clin Pediatr Dent. 2023 Sep;47(5):96-102. ...

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STRUCTURE

Therapists know this:

Advance orientation

e.g., role Induction, VR prehab

Anxiety

Compliance

Satisfaction

Efficiency

Efficacy

32

STRUCTURE

“... clients who are naïve to therapy may start not knowing what behaviors or roles are most appropriate on their part and could thus feel lost or like they are doing things wrong.”

Swift, J. K., Greenberg, R. P., Whipple, J. L., & Kominick, N. (2012). Practice recommendations for reducing premature termination in therapy. Professional Psychology: Research and Practice, 43(4), 379-387



33

STRUCTURE

Inpatient psychiatric care

“the VR orientation approach
is helpful in
reducing patients' anxiety
while also
improving their level of
understanding
about the ward.”

Lau WC, Choi KS, Chung WY. A virtual psychiatric ward for orientating patients
admitted for the first time. *Cyberpsychol Behav Soc Netw*. 2010 Dec;23(9):637-48. doi: 10.1089/cyber.2009.0107. Epub 2010 May 3. PMID: 21142068.

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STRUCTURE

A post-intake, pre-session interview with office staff explains:

(a) WHY? Makes the process make sense.
(b) WHO? Clarifies roles and boundaries
(c) WHAT? Defines content and goals

Strupp, H. H., & Bloom, A. L. (1973). Preparing lower-class patients for group
psychotherapy. *Journal of Consulting and Clinical Psychology*, 41, 375-384.

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STRUCTURE

Advance role induction

“education about the ‘jobs’
of both the client and the therapist,
such as who is expected
to do most of the talking
and who will be responsible
for structuring
or directing sessions.”

Orme, M. T., & Wender, P. H. (1968). Anticipatory socialization for psychotherapy:
Method and rationale. *The American Journal of Psychiatry*, 124, 1202-1212.
See also: Swift, J. K., Penix, E. A., & Li, A. (2023). A meta-analysis of the effects of
role induction in psychotherapy. *Psychotherapy*, 60(3), 342-354.

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STRUCTURE

Advance role induction
enhances client satisfaction
and diminishes drop out

Satisfaction Survey

☒ Excellent

☐ Good

☐ Acceptable

☐ Fair

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Strupp, H. H., & Bloom, A. L. (1973). Preparing lower-class patients for group psychotherapy. *Journal of Consulting and Clinical Psychology*, 41, 373-384.

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STRUCTURE

"the role-prepared patients were
more satisfied with therapy,
rated themselves as
more changed,
and
dropped out of treatment
at significantly lower rates."

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Lambert, R. G., & Lambert, M. J. (1984). The effects of role preparation for psychotherapy on immigrant clients seeking mental health services in Hawaii. *Journal of Community Psychology*, 12, 263-275.

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STRUCTURE

Public health workers know this:

Advance orientation
e.g., PSAs,
Video

Anxiety

Compliance

Satisfaction

Efficiency

Efficacy

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STRUCTURE

“When individuals are well-informed about the causes, transmission, prevention, and treatment of COVID-19, they are more likely to feel confident in their ability to protect themselves and others, thereby alleviating anxiety.”

Zemni L, Gara A, Nasraoui H, Kacem M, Maatouk A, Trimache O, Abroug H, Fredj MB, Bennasrallah C, Dhoub W, Bouamene I, Belgouth AS. The effectiveness of a health education intervention to reduce anxiety in quarantined COVID-19 patients: a randomized controlled trial. BMC Public Health. 2023 Jun 20;23(1):1188. .

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STRUCTURE

Active Shooter Training

“... video-based training is effective in improving participants' emergency preparedness and changing their behaviour patterns...”

Via, R., Zhu, R., Becerril-Gerber, B., Lucas, G. M., & Southern, E. G. (2023). Be prepared: How training and emergency type affect evacuation behaviour. Journal of Computer Assisted Learning, 39(5), 1493-1509.

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STRUCTURE

Geneticists know this:

Advance orientation
e.g., video

Anxiety

Compliance

Satisfaction

Efficiency

Efficacy

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STRUCTURE

“Use of the video was ... associated with greater satisfaction with the information given at the clinic [no matter the clinical outcome].

This study supports the value of videotape as a method of giving information to prepare women for breast cancer risk counselling.”

Cull, A., Miller, H., Porterfield, T. et al. The use of videotaped information in cancer genetic counselling: a randomized evaluation study. Br J Cancer 77, 830–837 (1998). <https://doi.org/10.1038/bjc.1998.135>

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STRUCTURE

Family law is no different



Compliance

Satisfaction

Efficiency

Efficacy

Anxiety

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STRUCTURE

Advance orientation to divorce- and custody-related services



Compliance

Satisfaction

Efficiency

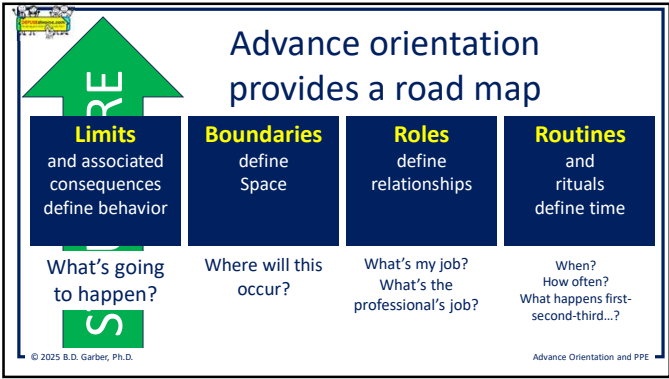
Efficacy

Anxiety

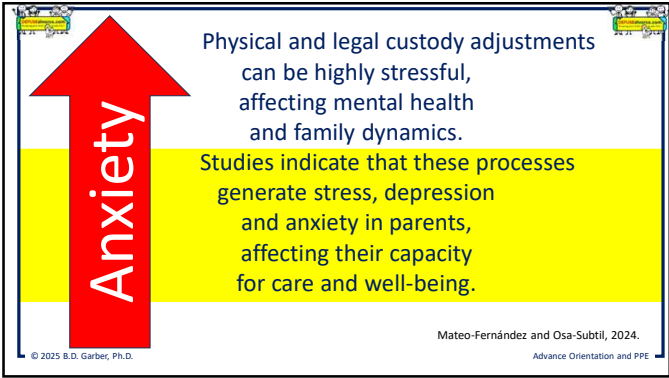
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Anxiety

"parents who experience high levels of conflict in the custody process are more likely to exhibit symptoms of post-traumatic stress disorder (PTSD)."

Sbarra and Emery, 2005

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Anxiety

"... the stress of the divorce often results in anguish and tension for family members ... "

(Bow and Quinnell 2002 p. 164).

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Anxiety

Exacerbates conflict

Anxiety

Impulsivity

Mature Functioning

Clear thinking

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Anxiety

Exacerbates conflict

Escalates litigation

Anxious litigants tend to be more defensive, avoidant, aggressive, blaming, and less compliant with the legal process and with court orders.

Bill Eddy, High Conflict People in Legal Disputes (2006)

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Anxiety

Exacerbates conflict

Escalates litigation

Confounds validity

"Because families are evaluated during a period of high stress...
evaluators also must be cautious about drawing inferences about functioning at some later, hopefully less stressful, point in time."

Emery et al., (2005, p. 9)

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Anxiety

Exacerbates conflict

Escalates litigation

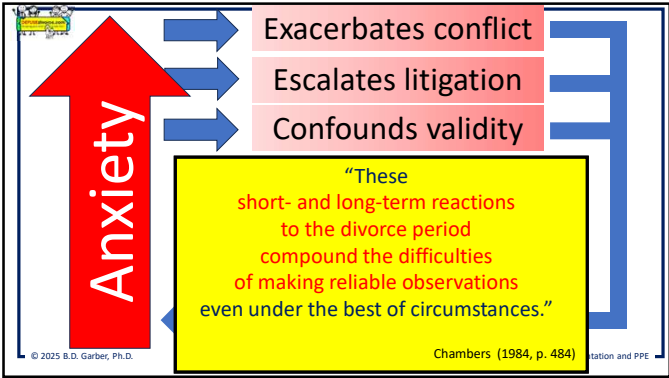
Confounds validity

"...the recommendation of the expert or the observations of the judge would be **unduly colored** by the stresses of the divorce process – by the parents' depression, anxiety, anger, and confusion and the child's reactions to it."

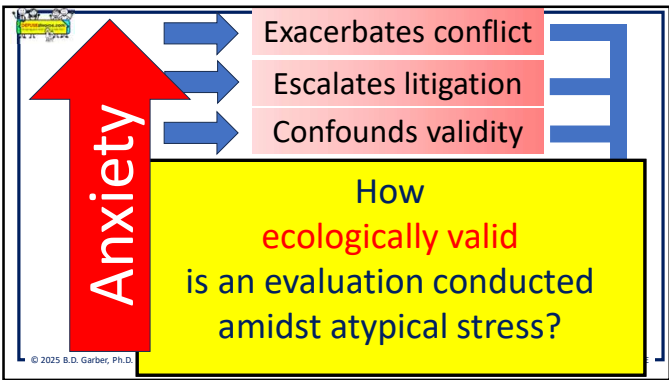
Chambers (1984, p. 484)

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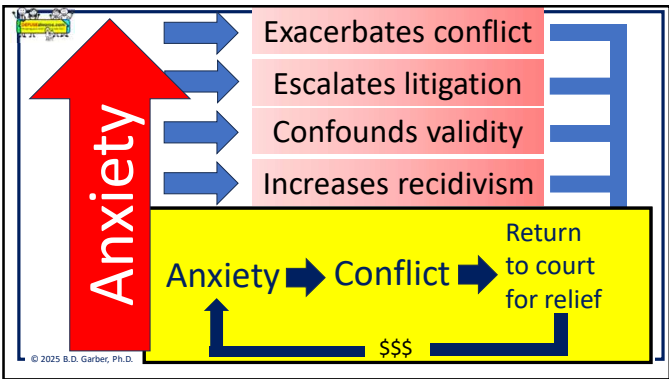
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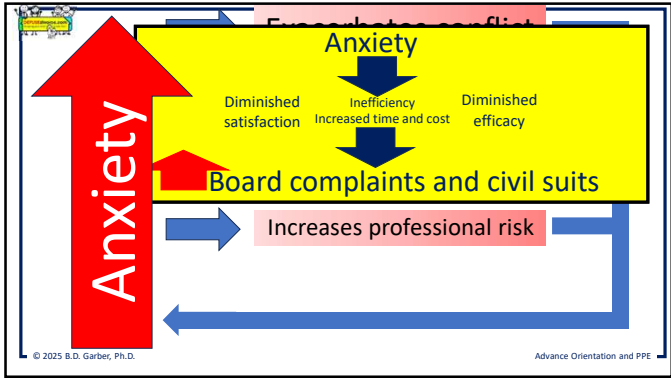
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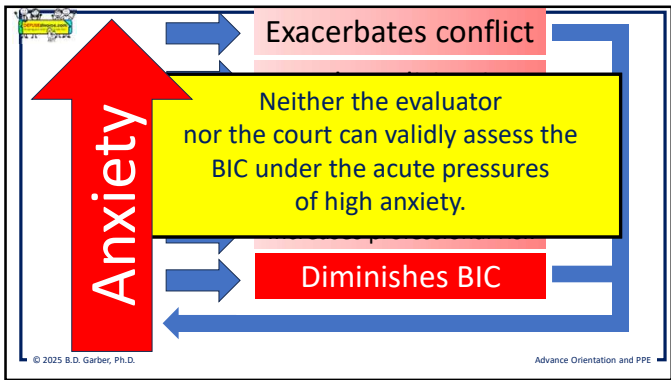
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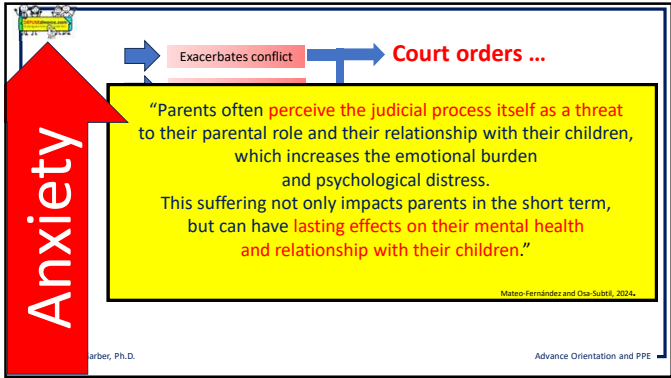
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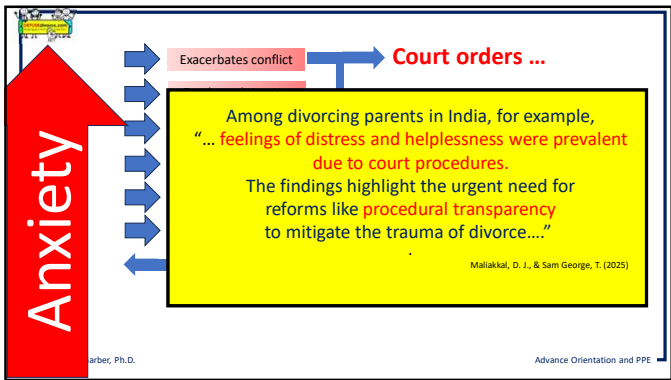
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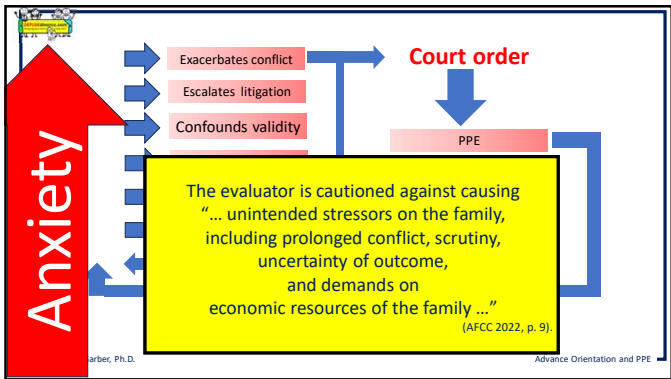
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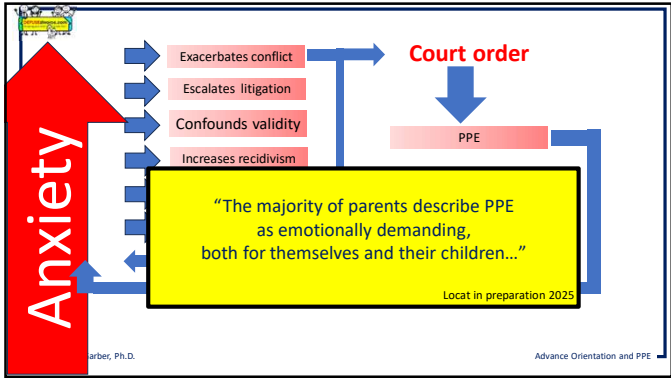
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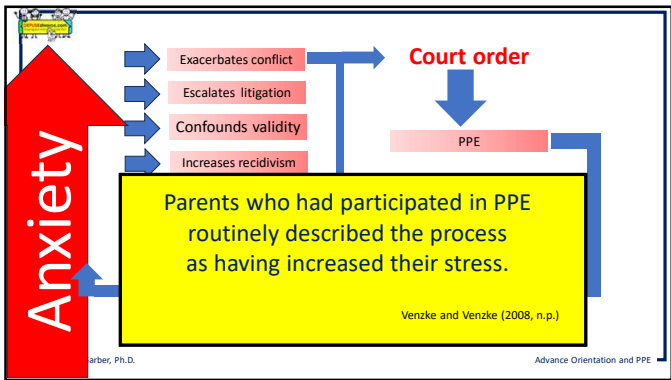
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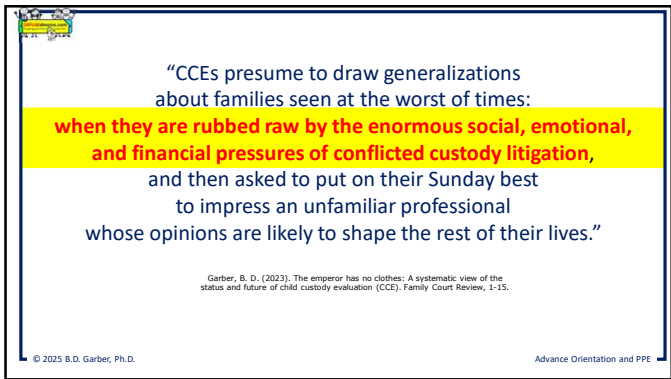
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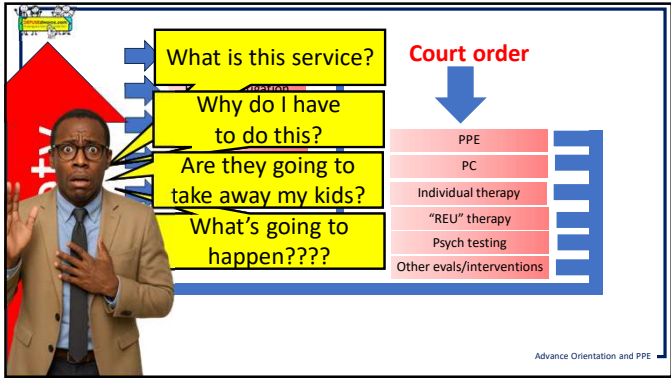
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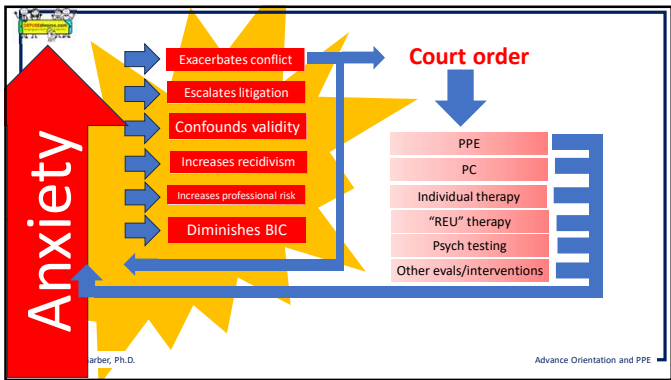
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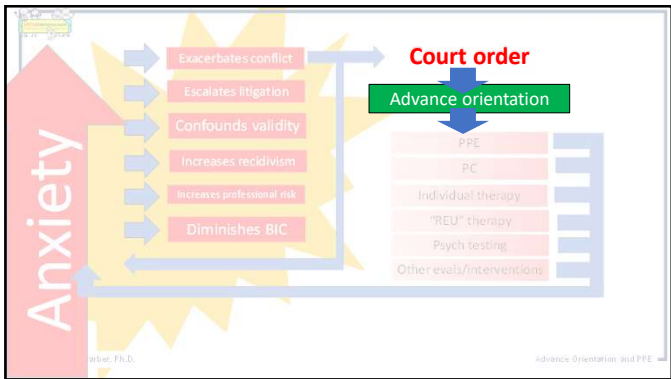
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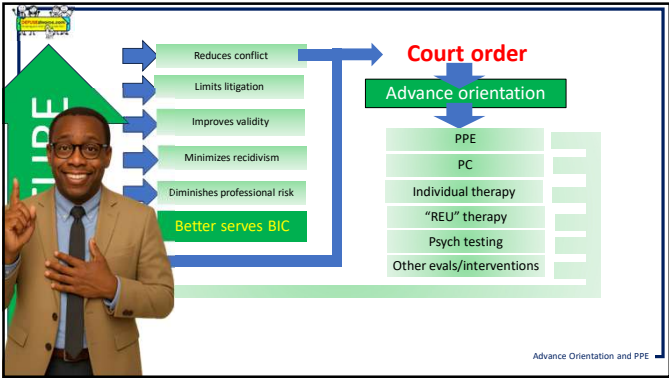
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STRUCTURE

"Reduced parental apprehension about a custody evaluation ... is likely to result in a better-informed report to the court, as well as a better-informed judicial determination of the child's best interests."

Deutsch, R. et al., (2011). MENTAL HEALTH CONSULTANTS AND CHILD CUSTODY EVALUATIONS: A DISCUSSION PAPER. FAMILY COURT REVIEW, Vol. 49 No. 4, October 2011 723-736, p. 729

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STRUCTURE

"... some of the adverse impacts of the assessment process might be reduced if IPV victims were forewarned that the process would be emotionally difficult...."

Rathus et al., (2019, p. 25)

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STRUCTURE

“Some parents report not having had the procedure explained to them by the [evaluator].

Having no knowledge of the process, they worry about the consequences for their personal and family lives.”

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STRUCTURE

Advance orientation to PPE

“... should comprehensively address what a parent can expect at each stage of the custody evaluation process. This includes the purpose and procedure of the custody evaluation, including the role of the evaluator and the relationship to the court. ... the parents' interaction with the evaluator. This may include the potential use of long and short interviews; the evaluator's meeting with the parents and children; the use of collaterals; confidentiality; the potential administration of psychological tests...”

Barth, L. (2011). Consultant conduct in anticipation of a child custody evaluation: Ethical and social dilemmas and the need for neutral parent education. Family Court Review, 48(1), 155-169.

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Ha!

We already provide advance informed consent!

Isn't that sufficient?

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Across guilds,
guidelines,
and jurisdictions
informed consent
is designed
to serve legal
needs.



Informed
consent is
NOT designed
to serve
the evaluatee's
emotional
needs.

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Do our existing
informed consents
orient or overwhelm?

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Some studies in medical
settings find that
informed consent
INCREASES
patient anxiety



Goldberger JJ, Khushf J, Kadish AH, Passman R, Bergner DW. Effect of informed consent format on patient anxiety, knowledge, and satisfaction. *Ann Intern Med*. 2011 Oct;155(4):280-285.

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and PPE

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[illegible]

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Orientation and PPE

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Keeping your kids' minds free

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Stories from the courtroom:

A former family court judge talks to divorcing and custody litigating parents.



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Relocation and long-distance parenting

Meeting children's needs when parents live far apart



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Keeping your kids' minds free

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The ABCs of divorce and custody litigation

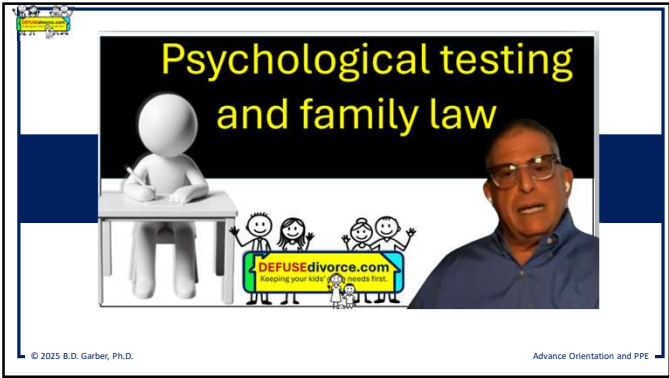
Helping you navigate the family courts in your children's best interests



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