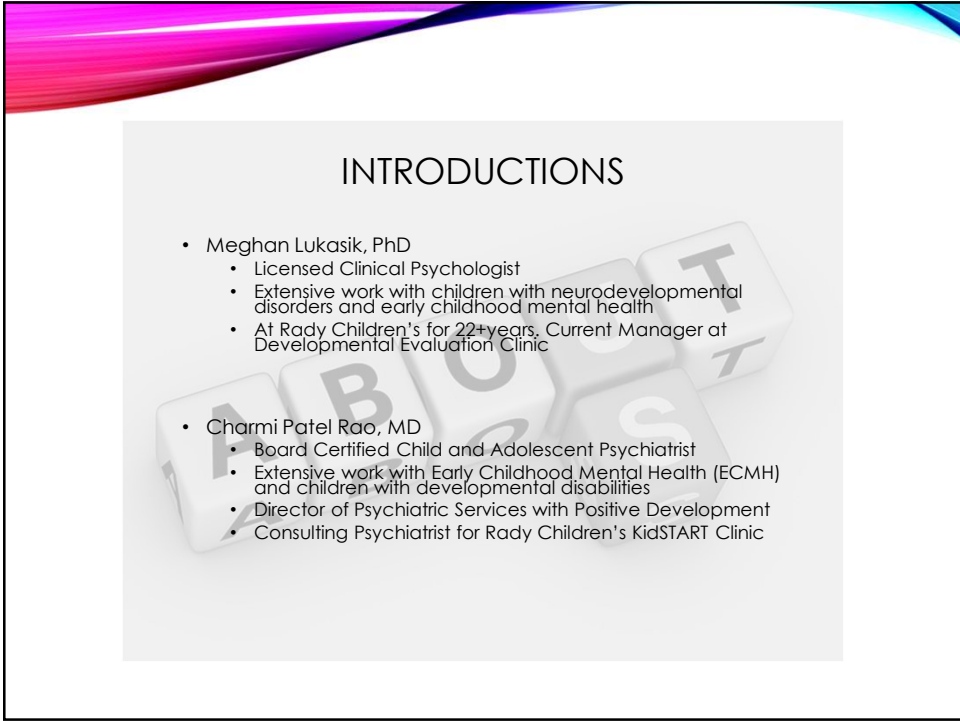




# TRANSDISCIPLINARY APPROACH TO COMPLEX CASES

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1



## INTRODUCTIONS

- Meghan Lukasik, PhD
  - Licensed Clinical Psychologist
  - Extensive work with children with neurodevelopmental disorders and early childhood mental health
  - At Rady Children's for 22+ years, Current Manager at Developmental Evaluation Clinic
- Charmi Patel Rao, MD
  - Board Certified Child and Adolescent Psychiatrist
  - Extensive work with Early Childhood Mental Health (ECMH) and children with developmental disabilities
  - Director of Psychiatric Services with Positive Development
  - Consulting Psychiatrist for Rady Children's KidSTART Clinic


2



# DISCLOSURES


We have nothing to disclose

3



# OUTLINE

- Case example
- What makes a case complex?
- Strategies for complex cases
- What is a transdisciplinary approach?
- How can a transdisciplinary approach help with complex cases?
- Back to our case
- Practicing using a transdisciplinary approach



4

## MEET DIEGO


- 5 year old boy
- Lives with paternal GM, older sister, 2 younger sisters, adult uncle, teen aunt
- Paternal GF passed away recently and children witnessed it
- Limited information about pregnancy, bio mother currently uses marijuana
- Early witness to DV, disrupted attachments
- Visits with bio mother, bio father incarcerated
- Attended daycare, recently started TK
- Overweight



5

## DIEGO, CONTINUED

- Presenting concerns
  - Aggression
  - Dysregulation
  - Impulsivity
  - Cognitive delay
- Transdisciplinary assessment
  - Clinical psychologist
  - Developmental behavioral pediatrician
  - Mental health therapist
  - Behavior therapist
  - Occupational therapist
  - Speech therapist



6

## WHAT MAKES A CASE COMPLEX?



- Tough Differential Diagnosis**
- Medical complications**
- Family issues**
- Clinician factors**

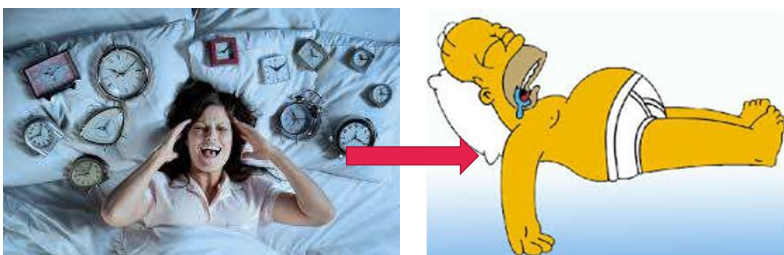
7

## DIEGO'S CASE IS COMPLEX

- Fits all 4 of the 4 considerations
  - **Tough differential diagnosis**
  - **Medical issues:** overweight
  - **Family issues:** CWS case, multiple children in the home, language barriers, intergenerational trauma
  - **Clinician factors:** engagement challenging because of caregiver being dismissive

8


## GETTING FROM STUCK TO UNSTUCK



The image shows a woman lying in bed, looking distressed with her hands on her head. She is surrounded by numerous analog and digital clocks of various sizes, suggesting a state of being 'stuck' or overwhelmed by time. A red arrow points from this scene to a cartoon of Homer Simpson lying on his back, representing a state of being 'unstuck' or relaxed.

9

## GETTING UNSTUCK OFTEN INVOLVES ...SLOWING DOWN



The image features a large red 3D button with the word 'PAUSE' in white capital letters. A hand cursor is positioned over the button, indicating that clicking it will pause the action. This visual metaphor supports the text's message that slowing down is often necessary to get unstuck.

10

...PEELING THE ONION



11



...CHANGING YOUR COURSE

12

## ...Assessing the Whole Child

Cognitive

Speech/Language

Fine Motor

Medical

Gross Motor

Social-emotional/Behavioral

Presentation across settings

13


## ...BROADENING YOUR LENS

- History
- Caregiver report
- Medical considerations
- Developmental/cognitive functioning
- Environmental factors
- Social skills
- Communication
- Play
- Behavior
- Collateral

14

## HOW DO WE DO IT? TOGETHER

- Slowing down
- Peeling the onion
- Changing course
- Assessing the whole child
- Broadening your lens



What does this look like practically??

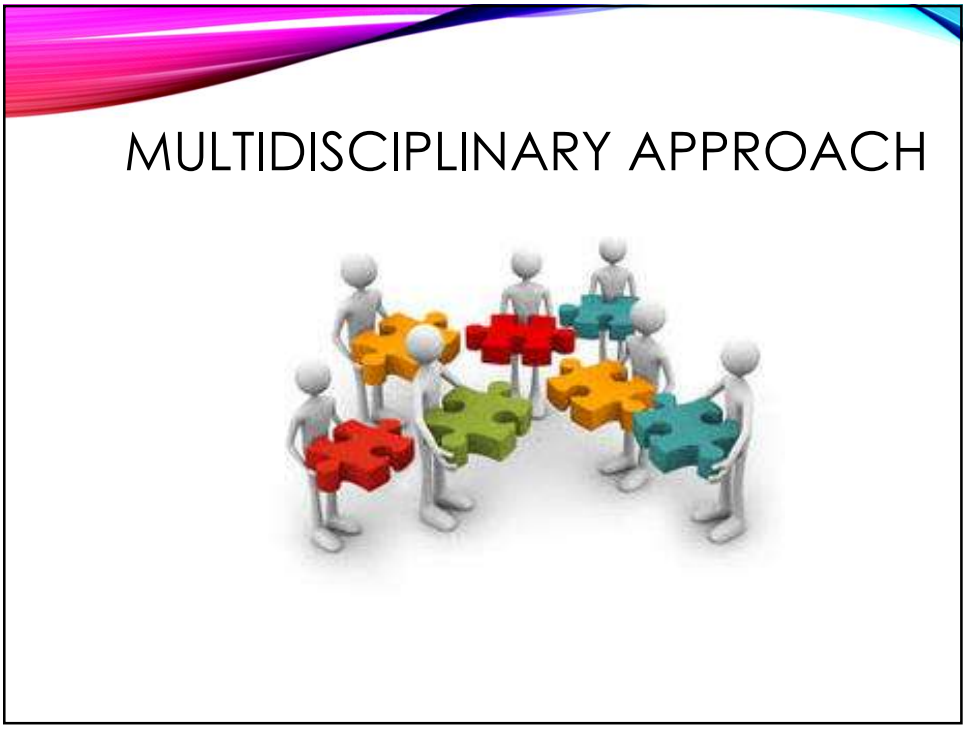
15

## SINGLE DISCIPLINE APPROACH



16





17



18



19

ADVANTAGES

- More authentic assessment
- Minimize duplication
- Decrease confusion
- Coordinate planning & interventions
- Share responsibility & accountability
- Pool resources & expertise

20

## CHALLENGES

- Time intensive
- Determining priority of services
- Staffing and funding
- Establishing the primary provider
- Questions about legal liability



21

## HOW CAN A TRANSDISCIPLINARY APPROACH HELP WITH COMPLEX CASES?



Transdisciplinary Work Ensures a Whole Child Approach

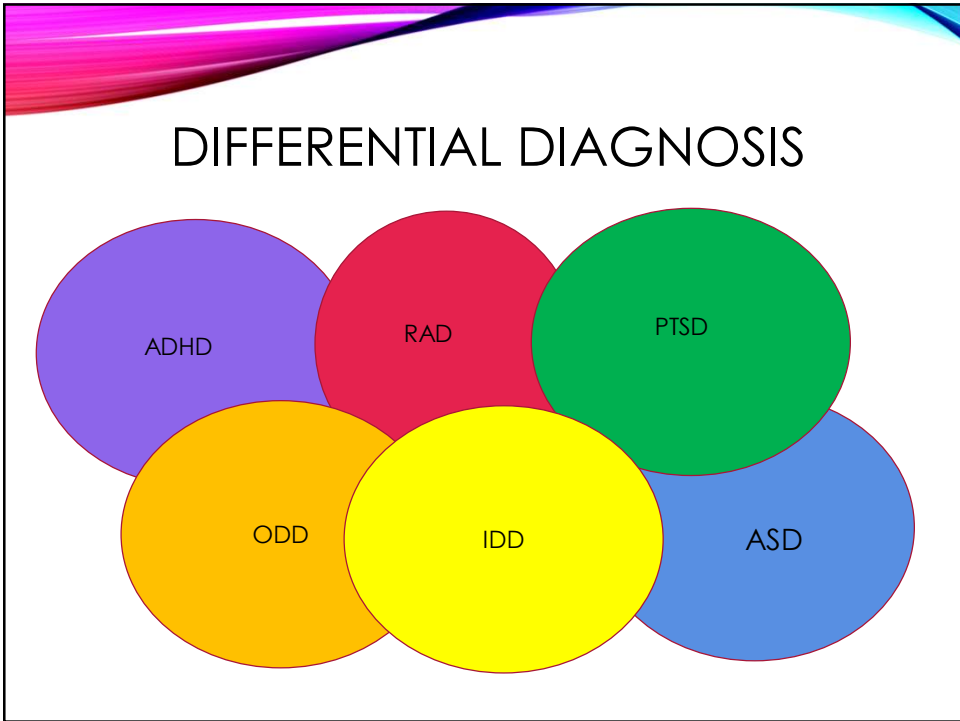
22

# BACK TO DIEGO?



- How does a TD approach help in our case?
- Helps the caregiver feel understood and held
- A more complete clinical formulation and richer clinical discussion to help with diagnostic impression
- Developing a realistic treatment plan to allow family to be successful
- Helps clinicians not feel alone, space for collaboration

23



24

## VIDEO EXAMPLE


- What did you notice with this child?
- How does your discipline influence your interpretation?
- How did hearing thoughts from others add to your impressions?

25

## VIDEO



26



## QUESTIONS

- What did you notice with this child?
- How does your discipline influence your interpretation?
- How can hearing thoughts from other people add to your impressions?

We asked members of a clinical team which uses a transdisciplinary approach these same questions

27



## CARE COORDINATOR



28



OCCUPATIONAL THERAPIST



29




MENTAL HEALTH THERAPIST



30

## TRANSDISCIPLINARY APPROACH IN THE REAL WORLD


- The world of virtual meetings
- Takes time
- Protect time for these discussions
- Reflective practice



31

## REFLECTIVE PRACTICE


- Parallel process
  - Supervisor – clinician
  - Clinician – caregiver
  - Caregiver – child
- Creates a safe space for:
  - Development of attuned relationships
  - Reflection
  - Self-regulation
  - Critical thinking



The diagram illustrates the Reflective Practice process within an organization. It features a large blue oval labeled 'ORGANIZATION' at the bottom. Inside this oval, three smaller circles are arranged in a horizontal line, each containing a photograph and a label: 'Supervisor' (with a photo of two people), 'Parent' (with a photo of a parent and child), and 'Provider' (with a photo of a caregiver and child). Arrows indicate a clockwise flow of interaction: from Supervisor to Parent, from Parent to Provider, and from Provider back to Supervisor.

32





## SUMMARY

- Define what make a case complex and how to approach such a case
- Discuss how a transdisciplinary approach can help with complex cases
- Practice using a TD approach with a video example

33



## QUESTIONS?



34