

Appendix 1. RFP-C Treatment Protocol

<i>Session</i>	<i>Description</i>	<i>Purpose</i>
P1	Introductory meeting with parent(s)	<ul style="list-style-type: none"> • Develop rapport with parent(s)/caregiver(s) • Review chief complaint(s) • Emphasize family & child strengths • Review developmental and psychiatric history • Introduce RFP-C principles including triangle of conflict
1, 2	Initial sessions with child	<ul style="list-style-type: none"> • Establish rapport with child • Note topics child avoids • Use combination of structured and unstructured techniques to assess child's defenses against uncomfortable or painful affect
P2	Second meeting with parent(s)	<ul style="list-style-type: none"> • Discuss basic case conceptualization with parent(s)/caregiver(s) • Emphasize child's strengths • Revisit triangle of conflict • Discuss meaning of behavior • Identify how to understand meaning of externalizing problems
3-12	Ongoing treatment sessions with child	<ul style="list-style-type: none"> • Maintain unstructured frame while insuring safety • Closely follow child's play and verbalizations • Observe/notice child's attempts to avoid disturbing emotions • Address how avoidance is experienced in the treatment
P3	Additional parent meeting	<ul style="list-style-type: none"> • Reintroduce triangle of conflict • Provide information about child's progress • Help parent(s)/caregiver(s) activate their own scaffolding framework for helping the child cope with distressing emotions
13-16	Emphasis on termination	<ul style="list-style-type: none"> • Utilize upcoming separation as a tool for working on feelings of loss or rejection • Discuss gains the child has made • Notice more adaptive ways of coping with distressing emotions
P4	Final parent meeting	<ul style="list-style-type: none"> • Help parent(s)/caregiver(s) think about termination as a tool for the child to address difficult feelings • Summarize progress made • Emphasize family and child strengths • In non-research setting, leave open door for family to return to treatment if needed

