



*PCIT for TRAUMATIZED CHILDREN*  
**Steps for CDI Teaching Session**

## Teaching PRIDE Skills to Parents

Step	Directions
1	<ul style="list-style-type: none"> <li>Review with parent the concerns mentioned, referring to the Child Treatment Goal form. Briefly outline the treatment goals and your vision for their future relationship. Tell the parent that PCIT will help them reach these goals.</li> </ul>
2	<ul style="list-style-type: none"> <li>Explain that you are going to teach them the foundation of PCIT – the PRIDE skills            “PCIT is a skill building program to help parents manage children with difficult behaviors. We will start with simple skills and progress to more challenging skills. How you progress through PCIT will depend on your ability to practice and apply these skills.”</li> </ul>
3	<ul style="list-style-type: none"> <li>Have the CDI handouts available for reference (see Forms for CDI Teaching)</li> <li>Show the Relationship Enhancement Teaching Video (if appropriate)</li> <li>Discuss the strategies to reach the outcome goals</li> </ul>
4	<ul style="list-style-type: none"> <li>Role-play and demonstrate each PRIDE skill with the parent</li> <li>Begin by teaching behavioral descriptions, then reflections, imitation, and enjoyment, leaving praise until the last skills taught</li> <li>Provide rationales, examples, and modeling for each PRIDE skills, explaining their usefulness by tying into treatment goals</li> </ul>
5	<ul style="list-style-type: none"> <li>Provide rationales, examples, and modeling for each of the discouraged skills: questions, commands, and critical statements – avoid NO, DON’T, STOP, QUIT, or NOT</li> <li>Show the parent how to use the “encouraged” skills in place of the discouraged skills</li> </ul>

6	<ul style="list-style-type: none"> <li>• Show the parent how to use selective attention to deal with minor inappropriate behaviors</li> <li>• Discuss which behaviors will be ignored and the strategies that will be used (i.e. silence, redirect, etc.)</li> <li>• Explain that they will practice these skills in the clinic before using them at home</li> </ul>
7	<ul style="list-style-type: none"> <li>• Introduce the Skill Acquisition Profile Sheet and explain the need to reach 10:10:10:3 mastery of skills before moving to the second phase of PCIT</li> </ul>
8	<ul style="list-style-type: none"> <li>• Explain the importance of doing five minutes of homework each day; and review the home fun sheet</li> <li>• Review appropriate toys for home fun and special playtime</li> </ul>
9	<ul style="list-style-type: none"> <li>• Problem-solve with parents about logistical issues (e.g., when and where to do special time at home, whether to include siblings, how to end playtime)</li> </ul>
10	<ul style="list-style-type: none"> <li>• Assign homework and give parent the necessary homework sheet and handout of skills</li> </ul>
11	<ul style="list-style-type: none"> <li>• Review your accomplishments for the day's session with parent and outline your plan for the next week</li> </ul>