



PCIT for TRAUMATIZED CHILDREN
Steps for CDI Coaching Sessions

Step	Directions
1	<ul style="list-style-type: none"> ● Before the session, review client’s case notes and familiarize yourself with his/her treatment goals ● Develop (or discuss with your trainer) your plan and goals for the session ● Any weekly assessment forms should be given to the parent to fill out while in the waiting room before the session begins
2	<ul style="list-style-type: none"> ● Select toys based on the session number and objectives for the session. ● Test audio/video equipment
3	<ul style="list-style-type: none"> ● Bring parent and child to PCIT room. ● Model good PCIT skills.
4	<ul style="list-style-type: none"> ● Check in with parent. ● Discuss homework and any problems that may have occurred over the last week. ● Describe your plan and goal for the therapy session
5	<ul style="list-style-type: none"> ● Have child and parent seated next to each other. ● Show the parent how to use the FM receiver. Suggest that the parent put the ear bud in the ear away from child
6	<ul style="list-style-type: none"> ● Go into observation room. ● Turn video recorder on “Record”.
7	<ul style="list-style-type: none"> ● Have DPICS Data Recording Sheet ready.
8	<ul style="list-style-type: none"> ● Put on headset. ● Ask parent if they can hear you. ● Make adjustments if needed.
9	<ul style="list-style-type: none"> ● Have parent tell child the Rules to Special Playtime (if appropriate)
10	<ul style="list-style-type: none"> ● Instruct parent that you will be watching for 5-minutes. Read instructions for the CDI 5-minute coding (see 5-Minute CDI Instructions Form)
11	<ul style="list-style-type: none"> ● Write start time on DPICS Data Recording Sheet ● CODE parent for 5 minutes! ● Note stop time on DPICS Data Recording Sheet

12	<ul style="list-style-type: none"> • After 5 minutes, quickly add up scores • Share with parent improvements and/or positive interactions you observed • Pick 1-2 skills to work on. Tell parent what skills you will be coaching to achieve the treatment goal you described
13	<ul style="list-style-type: none"> • 30 minutes of coaching • Work on addressing concerns as they arise (gentle play, getting along with others, sharing toys)
14	<ul style="list-style-type: none"> • A few minutes before you plan to end, tell the parent to let the child know that Special Time is almost over • Have the parent tell the child what they liked about playing with him/her
15	<ul style="list-style-type: none"> • Have parent tell the child that playtime is over, begin to clean up, and describe their own actions • Coach parent to avoid commanding the child to clean-up or engage in any battles over toys • If child does help – PRAISE, PRAISE, PRAISE!
16	<ul style="list-style-type: none"> • Meet with parent for last five minutes. Share any observations of the child's response to the parent's use of PCIT skills. • Show parent progress on PCIT Skill Acquisition Profile, reminding parent of the mastery criteria for CDI • PRAISE, PRAISE, PRAISE parent!
17	<ul style="list-style-type: none"> • Fill in parent's DPICS scores on HomeFun form • Give homework assignment, circling skill(s) to practice on the back of HomeFun form • Describe the objective of treatment you are working on and what skills the parent used that session to address it • If you administer a weekly ECBI, show and discuss the progress to date in reducing behavior problems and your ongoing plans • Work with parent to identify and resolve any barriers that could get in the way of doing homework.
18	<ul style="list-style-type: none"> • Write progress notes for case file