

UC DAVIS
CHILDREN'S HOSPITAL

PCIT
Training Center

FIRST 5
LA
Champions For Our Children
www.First5LA.org

LAC
DMH
LAC COUNTY DEPARTMENT OF
MENTAL HEALTH

NCTSN The National Child Traumatic Stress Network

Advanced Training in PCIT: Providing PCIT in Home Settings

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OBJECTIVES

Goals for participants is to understand:

- Supporting an in-home PCIT program
- How to conduct PCIT in clients' homes
- In-home PCIT treatment integrity
- The challenges of in-home PCIT and how to handle them
- The benefits of in-home PCIT

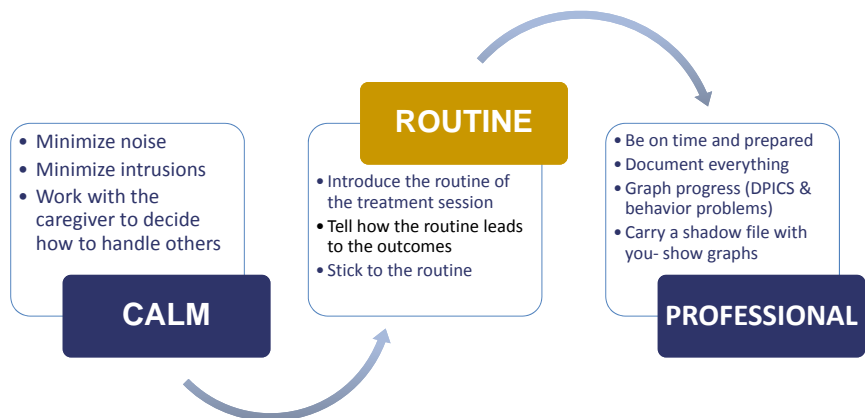
IN-HOME PCIT PROGRAMS

MAINTAIN TREATMENT FIDELITY

Protocols and therapist autonomy

- Need to follow PCIT protocol: Assessment driven (5-5-5, ECBI, 5 min coding), coach toward CDI/PDI mastery, 30 min coaching per session
- Need to focus on the dyad, especially in CDI
- Need for coding accuracy
- Demands on therapists: documentation, preparation for session

CREATING A PCIT SPACE



CREATING A PCIT SPACE

ROLE PLAY

TROUBLE SHOOTING

CREATING A PCIT SPACE

How we handle challenges

- “No shows”
- Siblings, babies, other family members
- TVs, telephones, visitors
- Taking a nap, need to eat, in the bath, gets up to get a snack, play in other room, go to the bathroom etc.
- Refer to agreement conversation with parent
- Be adaptable

SETTING UP

THE SPACE- THINGS TO CONSIDER:

Scan the living space quickly

- Where is there empty space for playing?
- Are there many breakable or valuable items in or near this space?
- Will the child be easily contained in this area?
- Ask the question, “Where do you usually play with client?”

SETTING UP



The dining room table

SETTING UP



Mobile home

SETTING UP



The kitchen counter

SETTING UP



Living space

SETTING UP



School space

SETTING UP

WHERE YOU SIT- THINGS TO CONSIDER

WHAT'S POSSIBLE

- **Space** limitations
- **Logistical** barriers

CAREGIVER

- **Caregivers** need to hear you easily- check understanding
- **Caregiver** depressive symptoms- seeing you may help keep focus
- **Less interruption** of parent-child play is better

CLIENT

- **Age** of client
- **Distractibility** of client

YOUR PREFERENCES & NEEDS

- **Make** sure you can see & hear easily
- **Technology** if you want to use it, make sure it works perfectly!

SETTING UP



Using FM receiver

SETTING UP



Sitting behind the child

SETTING UP



Sitting between the parent and child

SETTING UP



Sitting behind the parent

SETTING UP

DECIDING ON YOUR TIME-OUT SPACE

Find a space with the following qualities:

- Minimal stimulation
- Visible to the parent
- Out of the way of foot-traffic
- Explore parent's current practices
- Avoid "the corner"
- Make space by using a rug, bean bag, kid sized chair
- Avoid tall chairs, stools – consider safety

COACHING

ROLE PLAY

COACHING IN HOME

TIMING YOUR COACHING:

When you coach changes in homes:

- Less of a constant presence
- Choosing moments best for giving feedback
- Setting up exercises for parent to practice specific skills
- Less Level II and III too much talking
- Take good notes and share observations with caregiver following session

COACHING IN HOME

HOW MUCH TO COACH:

How much you coach changes in homes:

- Keep it simple
- Keep it focused
- Keep coaching goals in mind

COACHING IN HOME

TEACHING MOMENTS

Psychoeducation is best in little bits:

- When you teach
- Keep it short and simple
- Model and role play
- Give handouts

COACHING IN HOME

STAYING ON TRACK

Sticking to protocols can be challenging:

- Know the protocol and what you need to accomplish each session
- Have parent & child goals going into the session
- Review accomplishments with the parent at the end of each session

IN HOME PCIT

CHALLENGES

- If child gets up and goes to another room or in the back yard
- When there are siblings
- When child doesn't want to start Special Playtime
- When children have tantrums- coaching behavior management skills

BENEFITS OF IN-HOME

SUPPORTS OF TREATMENT SUCCESS

Why we love in-home PCIT

- We see how the family really works; hard for them to hide problems
- Easy to come up with exercise that mimic what parents really have to deal with
- Easy to make it real for the parent

THANK YOU!

CONTACT US

Website: pcit.ucdavis.edu

Web Course: pcit.ucdavis.edu/pcit-web-course

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