



# Steps for Teaching Compliance Strategies

Step	Directions
1	<ul style="list-style-type: none"> <li>• Prepare the parent for teaching the time out sequence:               <ul style="list-style-type: none"> <li>○ Tell the parent you are going to talk about what to do when child doesn't mind</li> <li>○ Define "noncompliance"- not obeying by ignoring, dawdling, defiance, questioning, negotiating, doing something else.</li> <li>○ In PDI we give child 5-seconds to obey before giving a warning</li> <li>○ Describe the PCIT Time Out, highlighting how the system you will teach is different from what the parent has been doing. If parent has concerns about the process, discuss them and problem solve.</li> </ul> </li> </ul>
2	<ul style="list-style-type: none"> <li>• <u>If appropriate</u> – show the Strategies to Improve Compliance Teaching video</li> </ul>
3	<ul style="list-style-type: none"> <li>• Discuss the <i>Strategies to Improve Compliance Handout</i> with the caregiver</li> <li>• The therapist models the "PCIT time out" using Mr. Bear as the child, following the steps exactly as they are on the handout.</li> </ul>
4	<ul style="list-style-type: none"> <li>• If the child is present, he/she may practice the time out process also, putting Mr. Bear into time out or showing Mr. Bear how to sit quietly in the chair</li> </ul>
5	<ul style="list-style-type: none"> <li>• Discuss variations to the time out process, including what happens in the following situations:               <ul style="list-style-type: none"> <li>○ When the child refuses to go to time out</li> <li>○ When the child refuses to remain in the chair</li> <li>○ When the child refuses to come back from the time out chair</li> <li>○ When the child refuses to follow the follow-up command</li> </ul> </li> </ul>
6	<ul style="list-style-type: none"> <li>• It is important that the caregiver learns the time out sequence before using it with the child.</li> </ul>
7	<ul style="list-style-type: none"> <li>• Explain PDI mastery to the parent:               <ul style="list-style-type: none"> <li>○ Out of 4 commands, 75% are effective (direct, single, positive, etc.)</li> <li>○ 75% of commands have correct follow-through (labeled praise or warning)</li> <li>○ If child goes to Time Out, PDI process is followed correctly</li> </ul> </li> </ul>
8	<ul style="list-style-type: none"> <li>• Discuss homework with parent, specifying which skills to practice.</li> <li>• It is best for the parent to avoid using time outs at home until performed successfully in the clinic</li> </ul>
9	<ul style="list-style-type: none"> <li>• Prepare the parent for what will happen at the first PDI coaching session- Practicing Minding</li> </ul>

