



**PCIT  
Training  
Center**

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**Terapia Interactiva Entre  
Padre y Hijo  
(PCIT)**

**Finding Your Voice  
- PCIT Coaching  
en Español**

**UC Davis 14th Annual Conference  
on Parent-Child Interaction  
Therapy for Traumatized Children.**

# Finding Your Coaching Voice

- Coaching Flow – What is coaching Flow?
  - *“Flow is a subjective state related to an intense engagement in an activity. It is characterized by a person experiencing a loss of self-consciousness to an extent that action and awareness become merged, a sense of control over what they are doing and an altered sense of time” (Wesson & Boniwell, 2007, p. 33).*
- To help you increase PCIT coaching flow & find your **voice** we will share **T**ools, **T**echniques, and **T**ried coaching approaches.

# Finding Your Coaching Voice

- Spanish Language Proficiency
  - How much proficiency do you need to be a fluid coach?
- PCIT Protocol Proficiency
  - How to maintain fidelity while coaching en Español – know the protocol.

# Getting Buy In Selling PCIT to Latino Families

## Techniques:

- Share success stories/cuentos de cambio.
- Explain how PCIT will benefit their child in the world (school, friends, etc.).
- Explain how PCIT can teach parents how to play with their child.
- Share how PCIT has helped other families that you (therapist) have worked with.
- Emphasize that PCIT skills can be used with multiple children not just the client.

# Assessing Literacy & Acculturation

- Learning style of parent (ask about their learning experience).
- Literacy level and ability to retain information
- Offer assistance with measures as standard practice. This can reduce unintended embarrassment for parents with literacy problems.
- Assess comfort being observed due to parent self-efficacy/insecurity, and personality factors (e.g. shyness, nervousness).
- Ask about their comfort level with praise and touch (for both parent & child), ensuring communication of respect for their culture and family history.

# Assessing Bilingualism & Coaching Bilingual Parents

*Native Spanish-speaking parent & English Dominant Children*

- Establish the child's dominant language
- Establish the caregiver's dominant language
- Should you select a language(s) for coaching? – use of “Spanglish” may make coaching more of a challenge.
- Effective code switching is a skilled ability that should attempt to retain syntactic and grammatical integrity (Ruiz, N., 2013) – tactfully decide when to code switch to enhance coaching.
  - Intra (*inside same sentence*) and intre (*different sentences*) sentential – examples.
- **Techniques:**
  - Determine if the child benefits from code switching.
  - Assess if parent manages code switching in a manner that doesn't negatively affect PCIT skill development.
  - Assess your ability to effectively coach and code switch.

# CDI en Español

## *Interacción Dirigida Por el Niño*

### Didactic Teaching Sessions:

- Written didactic materials. Use Español forms.
- **Tool:** <http://pcit.ucdavis.edu/forms/spanish-forms/>
- ADIARIO: PRIDE skills. More than one way to say each of the abilities in Spanish – make sure the parent understands.
- **Technique:** Ensayar, Ensayar, Ensayar... Role plays and rehearsals will increase coaching flow. Consider role playing via the earpiece/bug-in-the-ear.
- SLOW DOWN....speak slowly when teaching/coaching – select an appropriate pace for the stage of treatment and the parent's mastery.

# Building Coaching Vocabulary

- **Tool:** Prepare for PCIT coaching by familiarizing yourself with the common PCIT terms in Spanish (ECBI coaching words & formas de elogiar)  
[http://pcit.ucdavis.edu/wp-content/uploads/2012/08/72\\_Spanish-ECBI-PCIT-coaching.pdf](http://pcit.ucdavis.edu/wp-content/uploads/2012/08/72_Spanish-ECBI-PCIT-coaching.pdf)  
[http://pcit.ucdavis.edu/wp-content/uploads/2012/08/75\\_Formas-de-Elogiar.pdf](http://pcit.ucdavis.edu/wp-content/uploads/2012/08/75_Formas-de-Elogiar.pdf)
- **Technique:** Write the name of toys inside lid.
- **Technique:** Coach parent to use informational descriptions to label items they are holding (notice what *they* name items).
- Listen carefully! Write down words and phrases to clarify with your PCIT coaching colleagues.



# PDI en Español

## *Interacción Dirigida Por el Padre*

PDI Coaching:

- **Tool:** Written didactic materials. Use PCIT Español Forms <http://pcit.ucdavis.edu/forms/spanish-forms/>
- Address the directness of PCIT in a culturally sensitive manner.
  - **Technique:** Offering rationales can increase parent receptivity and response to the therapist's directedness.

# Level 1 Coaching: Lead

- Coach directs the parent on what to say by line feeding or by giving a directive to use a specific skill.
- If you lack coaching vocabulary, start with level 2.
- **Newly Translated Forms:**
  - **Tool:** *DPICS Cheat Sheet*
  - **Tool:** *Automatic Time Out*

## Level 2 Coaching: *Follow*

- Follow the parent as they coach and label the skills they demonstrate. Reinforce parent use of skills with A DIARO.
- **Technique:** Follow the parent's lead, taking note as they name toys and concepts in play. Take note of new words. Ask the parent during the check out to clarify any terms or regional expressions that you don't understand. Thank them for educating you.

# Level 3 Coaching:

## *Explain, teach, interpret*

- Provide insight into the impact of coaching on the child by educating, interpreting, & explaining what is happening in the play or interaction.
- **Technique:** Listen to more experienced therapists.
- **Tool:** Use the A DIARO Form from the PCIT website to explain what each of the skills does.

[http://pcit.ucdavis.edu/wp-content/uploads/2012/08/74\\_CDI.ADiario-BW.pdf](http://pcit.ucdavis.edu/wp-content/uploads/2012/08/74_CDI.ADiario-BW.pdf)

# How and When to Incorporate Gentle Corrections

## Techniques:

- Explain plan and process during check-in (avoidance can slow progress).
- Psychoeducation is essential (e.g. Passive vs. Authoritative Parenting).
- Use humor to normalize coaching & awkwardness related to use of PRIDE skills.
- Highlight parent strengths: a balanced approach is always best (e.g. feedback sandwich).
- How to address worry that corrections will affect personal/interpersonal warmth:
  - **Technique:** – Use Personalismo, Confianza, y Respeto.
- Gentle Corrections can still be respectful yet offer constructive feedback.

# Cultural Considerations

## Techniques:

- Be Flexible and Open:
- Offer flexible appointment options.
- Address barriers to consistent attendance.
- Be mindful to engage parents addressing the behavioral problems that are of immediate concern.
- Ask the family their country of origin – all Spanish is not the same. Respect regional language differences.
- Discuss how parent feels about using PCIT skills out in the community (store, relatives homes, church, etc.)

# Colloquialismos y Dichos

## Technique:

- Spanish language cultural expressions, sayings, and proverbs are commonly used to teach life skills and can be used in parent coaching to increase rapport and engagement.

## Examples:

- “Siguale la onda” for “follow your child’s lead”
- “La estrategia del periquito”
- “Hechele porras”
- “No use el elogio de la suegra.”



**Summary & Discussion  
about Finding our Voice,  
Y  
Preguntas**





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**Muchas Gracias  
Por Su  
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y  
Participación!**

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