Selling PCIT Homework in CDI: “Mission Im**POSSIBLE”**

Homework…..

What homework?

 Foundation for homework starts at the first appointment!!!

*Take a nonjudgmental stance. And assume that the caregiver is doing the best that they can and they can try harder. Hold the concept of acceptance and change in your mind.*

Intake Session

* Discuss concept of homework during recommendation for PCIT
	+ Significant commitment
	+ 5 minutes per day
	+ Treatment success is dependent on homework compliance
* Assignment of homework at end of intake session
	+ 5 minutes of general play
	+ Provide homework sheet

CDI Teach Session

* **PRAISE** caregiver for bringing in homework sheet
* Explain the function of homework
	+ Use favorite analogies (see Analogies handout)
	+ It’s a therapeutic intervention
	+ Different experience than current interactions
	+ Overlearning
* Reminder that homework is ONLY 5 minutes
	+ Too long- hard to keep up therapeutic level
	+ 5 minutes is shown to be effective
	+ Easier to find 5 minutes in each day
* Give caregiver homework sheet
	+ Review expectation
	+ Reminder to bring to clinic next week

CDI Coaching Sessions

* **ALWAYS\*** ask about homework during check-in
	+ Provide blank one if not returned-could be a different color then one provided at previous session
* **ALWAYS** PRAISE if completed
* Address resistant to homework directly and nonjudgmentally
* Assess what the caregiver is reinforced by (e.g., praise, more interaction with you)
* Link progress of client (or lack thereof) to homework completion
* Troubleshoot Barriers
	+ Was it a selling issue?
	+ Caregiver too stressed or too disorganized?
	+ Not sending consistent message?
	+ Others interfering with homework?
* Your intervention depends on the barrier (e.g., If selling issue need to re-review the rationale for the homework; if parent is too stress, may need to provide more structure, reminder phone calls)
* When coaching, tie in the progress demonstrated by parent and child to completion to homework #makeitrelevant
* ALWAYS provide homework sheet at end of session and obtain a commitment to certain number of days to conduct homework that coming week

