

Clinician PDI Homework Plan & Rationale for When to use Time-Out

As therapy moves forward & you begin coaching PDI skills, remember daily homework remains a key element to achieve successful behavior changes in your client. The homework process is extremely methodical and jumping ahead can create set-backs in treatment gains. **GIVE CAUTION to your CAREGIVER(S)**: *Even though they have been taught the PCIT Time-Out Method they will only use Time-Out as taught following a certain order that begins only during their play homework time before using throughout the day & **you move to the next level of PDI homework only when your therapist and you assess together if your child accepts Time-Out without leaving the chair.*** If your client struggles or gets off the time-out chair during session or at home be sure your caregiver is given the same PDI Homework level, or if necessary, consider dropping down a level as shown in the graph below:

Have caregiver **CALL YOU IMMEDIATELY** if they are having any problems implementing Time-Out!

Therapy Session	Homework Given Weekly DAILY 5 minutes CDI & Add:	When Can Time Out Be Used?	Reason
PDI Teach	Only CDI Homework *extremely important this week	<i>NO Time-Outs</i>	Child has not yet learned the Time-Out sequence in therapy, only the adult has been taught
PDI HW Level 1	Play Commands Only *if family not ready do CDI only	Time-Out for not obeying play command * next session: command-comply-praise	Teach immediate need to obey commands Make sure you have time to complete Time-Out *If any problems call therapist immediately
PDI HW Level 2	Clean-Up Commands after CDI HW	Time-Out for not obeying clean up command after CDI	Cleaning up is an activity all people have to learn and practice daily
PDI HW Level 3	Clean-Up Commands after CDI HW Plan 2-4 Specific Times for Commands Each Day <ul style="list-style-type: none"> • Coach writes on HW sheet as guide to caregiver 	Time-Out for not obeying clean up command after CDI Outside of play give direct commands for real life (ex: bath, brush teeth, dress) to be used only if there is time to follow through	Cleaning up is an activity all people have to learn and practice daily Move away from play commands to gradually use more real life commands, as these are the areas of concern and difficulty in the home
PDI HW Level 4	Clean-Up Commands after CDI HW Throughout Each Day Commands <ul style="list-style-type: none"> • Caregiver writes on HW sheet what commands given 	Time-Out for not obeying clean up command after CDI Throughout day give direct commands for real life (ex: bath, brush teeth, dress) to be used only if time to follow through	Cleaning up is an activity all people have to learn and practice daily Generalizing skill of effective commands, using real life commands as needed throughout the day still only given when time to follow complete time-out sequence
PDI HW Level 5	Clean-Up Commands after CDI HW Throughout Each Day Commands House Rules <ul style="list-style-type: none"> • Coach writes on HW Sheet 	Time-Out for not obeying clean up command after CDI Throughout day give direct commands for real life (ex: bath, brush teeth, dress) Automatic Time-Out is given for breaking a House Rule	Cleaning up is an activity all people have to learn and practice daily Generalizing skill of effective commands, using real life commands as needed throughout the day A specific behavior is the focus of a House Rule that needs ongoing correction
PDI HW Level 6	Throughout Each Day Commands House Rules <ul style="list-style-type: none"> • Parent writes on HW Sheet Public Behavior Outing (if needed)	Throughout day give direct commands for real life (ex: bath, brush teeth, dress) Automatic Time-Out is given for breaking House Rule In Public Places/Outside of Home	Generalizing skill of effective commands, using real life commands as needed throughout the day A specific behavior is the focus of a House Rule that needs ongoing correction In all settings your child learns to obey directions