

PCIT for TRAUMATIZED CHILDREN

Forms for PDI Coaching

Setting Up House Rules

Automatic Time Out for Breaking House Rules

House Rule

Managing Public Behavior Checklist

Managing Difficult Behavior in Public

PDI Coding Instructions

Coding Sheet: 5 minute CDI + 2 minute PDI (5 minute if necessary)



5-Minute CDI & 2-Minute PDI Instructions

Let the parent know that you are going to watch and code for the next 5 minutes to see how things are going, then you are going to give them another task and watch for 2 more minutes.

Then say:

"Tell [CHILD'S NAME] that it is Special Time and [HE/SHE] can play with any of the toys. Use all the CDI skills you've been practicing while you follow along with [HIS/HER] play."

After 5 minutes, say:

"Now we are going to switch to PDI. Choose any activity and get [CHILD'S NAME] to follow your rules. Remember to use direct commands and follow through with a labeled praise or warning. Use CDI skills in between commands."



Instructions for PDI coding sheet

After you have given the parent instructions for PDI: Begin coding!

- Code parent verbalizations as you would for CDI, with some adjustments:
- When a parent gives a command, you will first place a tally in the TOTAL box in the PDI coding section of the form- noting whether it is a direct or indirect command.
- You will then watch for compliance
 - o If child complies-place another tally in the COMPLIES box
 - If the child does not comply at first, but complies after the parent gives a warning, place another tally in COMPLIES AFTER WARNING box
 - If the child does not comply, the parent gives a warning, and the child still does not comply, you will then watch how the parent performs the PDI sequence
- PDI Sequence: Once the child has refused to comply even after a warning, the parent should follow the PDI time-out sequence: Counting, Warning, Follow-Through with the Time Out. There are a quite a few different scenarios that can occur, however here are the basics:
 - If the parent counts to 5 correctly (both times) and gives a warning correctly, place a tally in the CORRECT/COUNTING box and the CORRECT/WARNING box
 - If the parent then follows through, place a tally in the CORRECT/FOLLOW-THRU box
 - Any incorrect actions, such as giving an incorrect warning, or skipping counting, a mark should be placed in the INCORRECT box.
 - If the parent forgets to count the first time, but counts correctly the second time, place a mark in INCORRECT. You may want to make a note that the parent forgot the first count.
 - If the child has refused to comply and the parent should be using the time out sequence, but DOES NOT, place a tally in each INCORRECT/COUNTING/WARNING and FOLLOW THRU box
- Praises!
 - Once a parent has given a command and the child has complied, and the parent follows up with a praise, place a tally in the FOLLOW-UP PRAISE box
 - Any praise that occurs after a command, should NOT be placed in the Labeled Praise box, only in the FOLLOW-UP PRAISE box
 - In the end, it should look like this:

PDI CODING	TOTAL	COMP	LIES	COMPLIES AFTER WARNING		PRAISE	NOC
INDIRECT COMMANDS (IC)	III			II	I		
DIRECT COMMAND (DC)		Ш		1	111		
PDI SEQUENCE	COUNTING		WAR	NING		FOLLOW-TH	ROUGH
CORRECT	I		1			I.	
INCORRECT	1		1			1	

This parent gave 3 ICs: the child complied 2 times, and received 1 follow up praise, This parent also gave.5 DCs: the child complied 4 times and received 3 follow-up praises. They gave 3 effective commands out of 8 total commands. In the PDI sequence section, the parent gave the correct sequence 1 time; however, for 1 command they did not go into the time-out sequence, therefore, there is a tally mark in each box for incorrect.



WEEKLY DATA RECORDING

5 min CDI CODING

START TIME:

STOP TIME:

	CLIENT NAME		DATE	START TIME	STOP TIME	SESSION TYPE/ NUMBER
	CAREGIVER		CLINICA	L PRESENTAT	ΓΙΟΝ	TOYS USED
PARENT'S ST POSI				TOTAL		
TALK	AK					-
	ID					
UNLABELED P	RAISE (UP)					
LABELED PRA	ISE (LP)					
REFLECTION (RF)						
BEHAVIOR DE (BD)	SCRIPTION					
AVC	DID		TALLY CO	DDES		TOTAL
QUESTIONS -	Q					
	RQ					70741
		TOTAL	CO	NC	NOC	TOTAL
INDIRECT COM	/IMANDS (IC)					
DIRECT COMMAND (DC)						
NEGATIVE TALK (NTA)						
						•
ISSUES TO AD	DRESS					
PLAN						
THERAPIST NA	AME/ DATE					

2-MINUTE PDI CODING (5 minutes if necessary)

START TIME:

STOP TIME:

PARENT'S STATEMENTS: POSITIVE		TALLY CODES					TOTAL	
TALK	AK							
	ID							
UNLABELED PRAISE (UP)								
	SE (LP)							
REFLECTION (R	F)							
BEHAVIOR DESCRIPTION (BD)							
QUESTIONS	Q							
	RQ							
NEGATIVE TAL	K (NTA)							
PDI CODING		TOTAL	COMPLIES				DLLOW-UP PRAISE	NOC
INDIRECT COMMANDS (IC)								
DIRECT COMM/ (DC)								
PDI SEQUENCE		COUNTING		WAR	NING		FOLLOW-TH	ROUGH
CORRECT								
INCORRECT								
BACK-UP STRATEGIES								
CALCULATE % EFFECTIVE COMMANDS Sum: A. TOTAL EFFECTIVE DC: Divide by: B. TOTAL COMMANDS:		-	CALCULATE % CORRECT PDI SEC Sum: A. TOTAL CORRECT: Divide by: B. TOTAL PDI SEQUENCES:			-	JENCE	
C. EQUALS:		C. EQUALS:						



PDI Coaching for High-Risk Children

Coaching Strategy	Includes:	Examples
Direct Commands: When giving the parent instructions, the coach should use effective DIRECT commands	 Coach must self-monitor- pay attention to modeling the same skills that are being taught: Direct commands rather than indirect Be specific Positively state commands One command at a time Carefully timed explanations 	 T = Praise him for sharing his blocks. P = Thank you for sharing with me! T = Great labeled praise. INSTEAD OF: T = Now might be a good time to give him a praise. P = I like how you're building that tower. T = Great labeled praise. C = These are my legos - don't touch! T = Just ignore that. If you react, he'll keep saying that kind of thing to you. P = I'm going to play with this cool Mr. Potato Head. T = Great ignoring!
<u>Command->Comply->Praise</u> When the parent gives a command, therapist is alert to child compliance & non- compliance and whether the parents follow through with praise for compliance, or the Time Out sequence for non- compliance.	 Be alert when parents give direct commands, noticing child reaction: Encourage parents to praise child's compliance Alert parents when they have given a direct command and have not begun to follow through if the child does not comply. 	 P = Please put the kitty next to the dog. C = (complies) T = Praise her for listening right away. P = Thank you for listening right away! T = Perfect direct command, nice labeled praise P = Please hand me the pink hat. C = (child continues playing) T = You gave a direct command. Start counting. P = (one, two) T = Good job following through on that command.
<u>Gentle correction:</u> When parents make mistakes, e.g., give ineffective commands, argue with the child, or forget the time out sequence, coach notices the error and is able to gently point it out and get the parent to do the skill correctly.	 Know the correct way to give a command, to execute the time out sequence, or handle the child. Be alert to how the parent is executing the PDI skills. Describe what the parent said or did. If the parent does not react to the description, give a direct command. Follow parent compliance with a praise and a brief explanation about the need for correction. 	 P = How about if we clean up now? T = That's an indirect command. P = Let's clean up. T = Say, "Please clean up the toys." P = Please clean up the toys. T = Good direct command. Direct commands don't give Bobby the option of saying, "No."

Urquiza, A., Zebell, N., Timmer, S., McGrath, J., & Whitten, L. (2011) Course of Treatment Manual for PCIT-TC. Unpublished Manuscript.



Steps for PDI Coaching- A Skill Building Approach

Step	Directions
1	• Check in with the parent and find out how the parent & child are doing.
2	 After returning to the observation room, begin every PDI Coaching session by reading aloud the instructions for the "CDI 5-minute coding." If you are using rules to help manage the child's behavior, ask the parent to tell the child the Rules to Special Playtime CODE the parent for 5 minutes
	PDI COACHING STRATEGIES: Choose a coaching strategy according to parent 's skills and child's behavior:
3	PRACTICE MINDING (PDI-1): This first PDI coaching session allows the parent to practice giving direct commands in play situations, giving a Time Out to Mr. Bear, and a way for oppositional children to get used to complying with parents' commands and to learn about the Time out.
	 While playing, give the child a command to do something he/she is about to do or something really fun. The more fun the command, the more likely the child is to comply. Be prepared to coach the parent through the Time Out process if needed.
	GIVING EFFECTIVE COMMANDS (PDI-2): When children are compliant or are not highly oppositional, begin coaching parents to give effective commands in more challenging, real-life situations.
	 After the CDI coding, give parents the 2-minute PDI coding instructions: Code for 2 minutes. Pay particular attention to the types of commands the parent gives (IC, DC) and whether the parent follows through correctly (e.g., labeled praise or Time Out warning). Begin coaching PDI, giving more realistic, challenging commands. Make sure to have the parent balance 10 PRIDE skills with every command Be prepared to coach the parent through the Time Out if the child does not comply with the parent's command
	IMPROVING CHILDREN'S COMPLIANCE (PDI-5, PDI-7): When parents are able to give effective commands in play situations and can follow the time-out sequence, it is time to work on improving children's compliance in any remaining challenging situations or that support unmet treatment objectives

	 After the 5 minute CDI coding, give parents PDI instructions and code for 2 minutes After the 2-minute PDI coding, begin coaching PDI. Make sure the parent follows every Time Out with recovery (PRIDE skills) <i>HOMEWORK</i> Give CDI homework at the end of every session At PDI-2, explain the PDI homework to the parent and show the parent how to fill out the form. Give PDI homework in addition to weekly CDI homework.
4	 HOUSE RULES (PDI-4): When parents are able to give effective commands and time outs, set aside time in the session to develop "House Rules" with the parent Review the remaining problem behaviors, looking at the ECBI or Child Factors Form Describe the Automatic Time Out procedure, using the Automatic Time Out form. Discuss which problem behaviors need House Rules and which need focused commands Decide on one or two House Rules
5	 MANAGING PUBLIC BEHAVIOR (PDI-5): When parents can implement PDI and house rules at home, and child sits in the time out chair at home, set aside time in the session to discuss Public Behavior Management with the parent Discuss how to handle the child's misbehavior in public places Plan a public behavior practice outing.
6	 CONDUCT A PUBLIC BEHAVIOR OUTING (PDI-6) Briefly describe the Public Behavior coaching outing (e.g., ride on elevator, walk around clinic) Have parent explain Public Behavior outing to the child Accompany parents and child on outing
7	 ASSESSING FOR GRADUATION At least 75% of commands are effective—direct, positively stated, single commands that provide an opportunity for the child to comply. At least 75% of effective commands have correct follow-through—labeled praise after compliance, and warning after non-compliance. The parent follows the PCIT Time Out procedure when a Time Out is needed. Give parent packet of standardized measures. Check to make sure that child's behavior problems are well within the normal range





Command \rightarrow Comply \rightarrow Praise



Your relationship to child_____

Child's Name_____

	5-minute Special Time?	Prac	n-Up tice? k one)	Time Out During Clean-Up			Time Out for Non- Compliance
Date:	5-mi Spea	Yes	No		Yes	No	
Monday							
Tuesday							
Wednesday							
Thursday							
Friday							
Saturday							
Sunday							
**PDI Comman	ds:				100] [
1)					75		10 K
2)					50		
3)					25		
4)					Pe	rcentage o	f Effective Commands

SPECIFIC SKILLS TO PRACTICE DAILY

Use your Relationship Enhancement Skills (PRIDE)

- **P Praise** the appropriate behavior that you see immediately
- **R** Use "reflection" to teach your child to listen and communicate
- **I** Model (**Imitate** & Model) the behavior you desire
- **D Describe** the behavior that you see or want to see that is appropriate
- **E** "Enjoy" your play time with your child by having enthusiastic play

Use "physical positives" such as smiles, looking with eyes, hugs, kiss, sitting close. Reduce questions and commands.

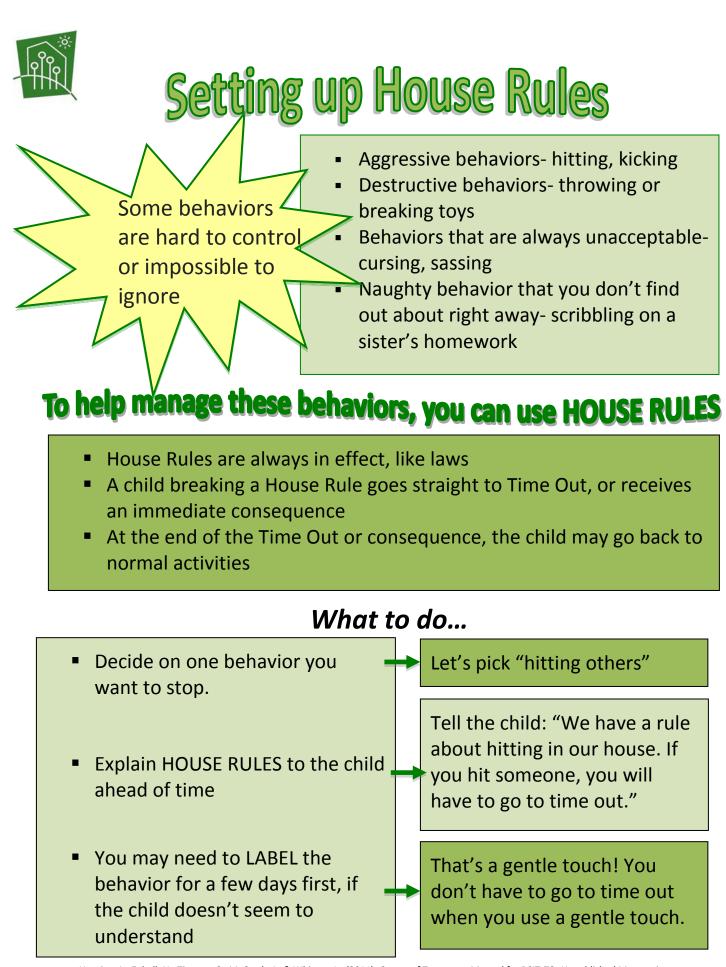
Avoid NO, DON'T STOP, QUIT, & NOT"

Behaviors to notice, describe, and praise:

Attitude	Following directions	Quiet
Big boy/girl voice	Gently	Safely
Calmly	Hands to self	Saying nice things
Carefully	In-door voice	Sharing
Caring	Letting other talk	Softly
Choosing	Listening	Taking their time
Cleaning up	Minding	Taking turns
Complying (first time)	Patiently	Thinking things over
Concentrating	Polite words	Using words
Cooperative	Quickly	Waiting

How hard will it be for you to do your "Home Fun" this week?

1	2	3	4	5
Very easy	Somewhat easy		Somewhat hard	Very hard



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Automatic Time Out for Breaking House Rule

House rules are "standing rules" that are used to help control aggressive, destructive, or impulsive negative behaviors at home. Take your child to the time out chair or give a consequence whenever the behavior occurs.

Step	Parent Action	Example
1	Parent explains House Rule to child	"The house rule is to play nicely with toys. If you throw a toy, you have to go to the timeout chair. If you play gently with the toys, you will not have to go to the timeout chair."
2	Parent labels the positive opposite behavior	"That's playing gently! You don't have to go to time out when you use play gently."
3	If behavior occurs, parent gives explanation	"You threw the Teddy bear so that's an automatic timeout."
4	Parent takes child to time out	Parent immediately takes child to the time-out chair.
5	Parent gives direct command to sit on chair	"Sit here quietly until I tell you to get up
6	Parent waits for 3 minutes plus 5 seconds of quiet	(Child sits quietly for 3 minutes and 5 seconds of quiet)
7	Parent ask child if he/she is ready to return and perform a corrective action	"Are you ready to come back and hand the Teddy bear gently to your sister?" (Child says, "yes.")
8	Parent waits silently for child to comply (may point or signal)	Parent stands near sister, waiting. (Child hands sister the Teddy bear)
9	Parent acknowledges compliance	Thank you.
10	Avoid discussing negative behavior. Attend to child's positive behavior	"You're sharing so nicely with your brother! Kids at school will love to play with kids who share!"



HOUSE RULE

The House Rule Is:

If You Break the House Rule:



Steps for Managing Public Behavior – Therapist Checklist

Step	Directions
1	 Parents should be able to manage the child's behavior at home before discussing strategies for managing behavior in public settings. Congratulate parents on their accomplishments. Discuss the different thoughts and feelings parents have about their children misbehaving in public. Ask them about the strategies they are currently using.
2	 Explain that they will use the same PDI skills with their children in public places as in the clinic and at home. You will tell them how to apply these rules when out at a restaurant or shopping, etc.
3	 Encourage parents to plan outings carefully: Only take child if necessary Avoid scheduling an outing at times when the child is usually eating or sleeping Consider options for time out and back-up in advance Time out can take place anywhere the child can sit. You may want to use a bandana, newspaper, placemat, grocery sack, to create some structure around sitting. A back-up may be a dressing room, bathroom, car (with safety in mind). For an older child (5-6), it may be more effective to remove a privilege (e.g., no TV program at home). When selecting a time-out spot, think of someplace out of the way (baby/toddler sections are good because other shoppers there are likely to be sympathetic parents). Plan where you will do time out ahead of time.
4	 Tell parents that, when beginning the outing, they should tell the child what the rules are (e.g., stay near me, keep hands to self, use a quiet voice, etc.) Decide on a couple of rules (not more than 3).
5	• Encourage parents to use PRIDE skills often (<i>especially <u>labeled praise</u></i> !) and keep child busy by engaging them in activities (having them find something yellow or something that starts with a B, having them cross off items on a shopping list, having them get boxes from a shelf, etc.).
6	• Tell parents that, if they need to, they should give a direct command and make sure to follow through with praise or time out.

7	• If the parent is embarrassed about doing PDI in public, suggest other options such as going to a store in a neighboring town or practicing first at a friend's or relative's house.
8	 Encourage parents to practice public behavior by going on a scheduled 30-minute practice outing with the target child in the next week. The purpose of this trip will be just to practice using PDI in public, not to get the family's groceries for the week or pick up necessary items.
9	 Let parents know that it is okay to give children a spontaneous, small reward for doing well on the outing (e.g., snack, getting to ride mechanical ride, getting to go look at the fish tanks), but discourage the use of bribes (e.g., "If you're good, then you'll get"). It is not necessary to give a reward every outing.



Managing Difficult Behavior in Public

When children have behavior problems, it can be hard to take them out in public. Children do things that embarrass us in front of others, like yelling, talking back, or even having a full-blown temper tantrum.

And sometimes-telling children to stop just make things worse. Strangers may stare or even make comments, and you may feel like you just want to get finished and leave as quickly as possible. So, children get away with doing things in public that they would not be allowed to do at home



Here are some other things to do to help your child behave in public:

- Make a Plan
- During the Outing use Praise, Rules, & Fun!
- Public Time Out-Stick to the Script

Make a Plan Before You Leave the House

Tell your child where you are going, and how you want your child to act, such as staying by you and keeping his hands to himself.

- Plan activities to keep them occupied during outings, such as crossing items off the grocery list, playing games like, "I spy something red," or letting them help you by putting items in the grocery cart.
- Explain to your child that if needed, you are going to give them a time out.

During the Outing use Rules, Praise, and Make it Fun!

- Praise your child during the outing for behaviors that you like, such as using his indoor voice, or walking beside you.
- It is important to remind your child the reason for the rules you set for the outing, such as being quiet in the movie so others can hear.
- If you see that your child is getting tired, hungry, or bored, it is a good idea to go home or at least take a break. Try not to take your child out past his bedtime or during times that he is usually taking a nap.
- Plan some part of your trip that will be fun for your child. For example, if you are at the mall, you could walk through a store your child enjoys, like a pet store or toy store.
- At the end of the outing, give lots of praise for those good behaviors (staying nearby you in the store), and give no attention to any problem behaviors that happened

Public Time Out- Stick to the Script

- Stick to the Time Out script you use at home.
- Keep a small blanket or placemat with you to use as the "time out chair", so that time out can be done anywhere.
- When you need to choose a time out spot, choose an out of the way place where there is nothing fun to do.
- Some parents have put their child on benches in the mall, the front steps during church, or the corner of a grocery store. When their car is close, some parents find they can put the child in the back seat while they lean against the car, keeping in mind safety precautions such as having the window cracked.
- <u>Always</u> watch your child during time out.



UC DAVIS PCIT TRAINING CENTER PROTOCOL FOR PDI

Session	Check-in	Coding	Coaching	Wrap-up			
PDI-1 Step 1: Intro & Practice Minding		Code CDI- 5 minutes	 Explaining session Teach PDI to child - Role play PDI & TO w/Mr. Bear PDI coaching 30 min- Practice minding exercise if needed 	Debrief w/parent about PDI coaching Discuss mastery for PDI Plan CDI homework			
PDI-2 Step 2: Giving effective commands		Code CDI- 5 minutes Code PDI- 2 minutes	 Coach PDI 25 min- coach parent to give effective real-life commands Coach CDI in "recovery time" Coach parent to give Clean up commands if parent can do real-life commands 	Feedback on CDI + PDI skills Plan CDI homework Decide on commands for PDI homework. Show how to fill out form. Tell parent to call if ANY problem w/PDI at home			
PDI-3 Step 3: Commands & Time Out practice (do until cgvr is at or near PDI mastery & chld is staying on TO chair at home)	* Parents estimate % commands no comply * Parents-to use PDI at clinic	Code CDI- 5 minutes Code PDI- 2 minutes	 Coach PDI 25 min. Make commands realistic & fair, but more challenging Coach CDI in "recovery time" Practice TO w/Mr. Bear if child is compliant with all commands Coach parent to give Clean up commands if parent can do real-life commands 	Discuss CDI & PDI skills progress sheet Plan CDI homework Plan PDI homework			
PDI-4 Step 4: Introduce House rules	* Parents estimate % commands no comply * Parents- to use PDI at clinic	Code CDI- 5 minutes Code PDI- 2 minutes	 Use coding to prioritize coaching goals Coach PDI 20 min, focusing on greatest needs 	Review remaining problems from ECBI. Determine whether need HOUSE RULES or focused command. If no beh probs, discuss Public Behavior instead of House Rules			
PDI-5 Step 5: Introduce Public Behavior		Code CDI- 5 minutes Code PDI- 2 minutes	 Use coding to prioritize coaching goals Coach PDI 20 min, focusing on greatest needs. Use 5 min of PDI coaching in Clean up situation 	If parents can implement PDI & house rules at home, discuss PUBLIC BEHAVIOR Plan public behavior practice outing			

PDI-6 (1-2 sessions) Step 6: Public outing		Code CDI- 5 minutes Code PDI- 2 minutes	 Public behavior coaching practice outing 	Plan public behavior outing for next week
PDI-7 + Step 7: Wrapping up		Code CDI- 5 minutes Code PDI- 2 minutes	 Coach any CDI and/or PDI skills not at mastery level Exercises that address any remaining problems parent endorses 	Plan CDI homework Plan PDI homework Plan for Graduation
GRADUATION SESSION	Post DPICS	1		Discuss parent's strategies for managing the child's behavior- at different times, in different settings. Parents can call if needed, but convey confidence in them

WACB – N

(Weekly Assessment of Child Behavior – N)

Your Name	Relationship to Child	Today's Date//
Child's Name	Child's Gender	Child's Age

Directions

This form lists 9 sentences that describe children's behavior. For each sentence:

- a) Please circle the number that shows how often your child behaves that way.
- **b)** Circle either "yes" **or** "no" to show whether you'd like to see that behavior change.

Example If your child never cries at the grocery store, you would circle 1 for Never: How often does your child... Sometimes Always Change? Never 1. Cry at the grocery store? 5 2 3 4 6 7 YES NO Please fill out the whole form by circling one number per sentence. If you want to change your answer, please do not erase. Instead, cross out your first answer and circle the correct number. For example: How often does your child... Never Sometimes Always Change? 5 7 YES 1. Cry at the grocery store? 2 3 6 1

How often does your child	Never		S	ometim	es		Always	Do you this to	ı want change?
1. Dawdle and linger?	1	2	3	4	5	6	7	YES	NO
2. Have trouble behaving at meal times?	1	2	3	4	5	6	7	YES	NO
3. Disobey or act defiant?	1	2	3	4	5	6	7	YES	NO
4. Act angry, or aggressive?	1	2	3	4	5	6	7	YES	NO
5. Scream and yell when upset and is hard to calm?	1	2	3	4	5	6	7	YES	NO
6. Destroy or act careless with others' things?	1	2	3	4	5	6	7	YES	NO
7. Provoke others or pick fights?	1	2	3	4	5	6	7	YES	NO
8. Interrupt or seek attention?	1	2	3	4	5	6	7	YES	NO
9. Have trouble paying attention or is overactive?	1	2	3	4	5	6	7	YES	NO

Forte, L., Boys, D., & Timmer, S. (2012) *The use of brief child behavior assessments for weekly check-ins in PCIT: WACB-N and WACB-P.* Poster presentation at the 12th Annual PCIT Conference for Traumatized Children, Davis, CA.

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