

CHILD TRAUMA

Trauma-Informed CDI Coaching Blurbs

Think about how trauma can influence a child's view of themselves, others, and the world. Use what you know about PCIT skills to help the caregiver begin to give their child messages that can repair trauma.

FEAR/ANXIETY

- When you are right here in the moment with him using those behavioral descriptions, you tell him that you are a *safe* and *available* person.
- When you are *consistent with special playtime* during the week, she knows what to expect which is different than when she was experiencing the trauma. You are helping adjust her view of the world as *predictable*.
- Playing like this with [Child] allows them to be a child!

INAPPROPRIATE TOUCHING

- Sexual abuse can make kids feel really unsafe and unsure. When you show affection and positive attention, she knows that someone *loves* and *cares* about her in an *appropriate* way.
- Praising [Child] for *gentle safe hands* will help reduce the likelihood that they will inappropriately touch other kids.

AGGRESSION

- After family fighting, kids can have a hard time managing their feelings. When you praise him for being *calm* and *using his words*, it can begin to re-write what was modeled for him before.

TRAUMATIC PLAY

- Go ahead and tell [Child] that you are glad he is talking about the scary car accident. Pretend you have an ambulance and tell him that you are *coming to take care of his scared feelings*. Say, "mommies can help kids when they are scared."

DISSOCIATION

- [Child] seems to be off in her own little world. That can happen after trauma sometimes. You can use the "I wonder" skill to see if you can bring her back. I wonder what you want to make with the Play Dough.
- See what you did there. You brought her back to this safe play in the present moment.