

CAREGIVER 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.

NEGATIVE, HARSH, or ABUSIVE CHILDHOOD

- I know it can feel uncomfortable praising her since you didn't have that growing up. This is a chance to show [Child] *something different!*
- [Child] feels so good when you praise him. You are *breaking the cycle of harsh criticism*. Children who are praised grow up feeling more *confident*.
- You know what it is like to not have a voice when you were a child. I am so pleased you are giving [Child] the *opportunity to have a voice*.

AVOIDANCE

- I know it can be uncomfortable when [Child] brings up the fighting. Your brain wants to shut down. But when you are responsive to him now, you tell him *it's okay to talk about hard things*, and model for him how to *cope*.

FEAR OR ANXIETY

- Trauma can make us really keyed up and on edge. When you slow down the play, you model for [Child] that this is a safe place and he can *slow down* too.
- You froze when he hit you. That is a *survival response*. You are okay. Remind him that you will leave the room if he hits you again.

DISSOCIATION

- I seem to have lost you for a second. Nod if you are here with me. That is common for trauma-exposed people. Take a deep breath and tell me what you see [Child] doing.
- Good job for coming back to this *present moment* and being there for [Child], *even when it is hard*.

RE-EXPERIENCING

- It seems like [Child's] loud voice triggered you. I want you to tell yourself: *"I am safe right now."*
- It is okay to *take a moment* if you are having negative memories.