

CAREGIVER TRAUMA

Trauma-Informed PDI Coaching Blurbs

Think about how trauma can influence a parent's view of themselves, others, and the world. Use what you know about PCIT skills to help the caregiver get the messages that consistent, predictable discipline can be effective and they can feel confident in their ability to parent despite their trauma symptoms.

NEGATIVE, HARSH, or ABUSIVE CHILDHOOD

- If you were yelled at as a child, it can be a hard habit to break with your own kids. When you use a neutral tone of voice while giving commands, it tells [Child] that you mean business and totally in control of your emotions.
- You have shared with me that you didn't feel good about using spanking with your kids because it so often lead to physical abuse in your home. Remember discipline is like training. When you give her a time out, you are training her to follow rules and be respectful.

AVOIDANCE

- It might seem easier now just to avoid the time out sequence but we want [child] to learn about following the rules when the consequences are small instead of much more dangerous.

FEAR OR ANXIETY

- Show me on your hands how anxious you are from 1-10 right now. You are feeling anxious at a 9. Take some deep breaths and tell yourself, "I am being a good parent right now by setting the limits" and "I love her too much to grow up without any training."

DISSOCIATION

- You seem frozen right now because of [child's] yelling. That can be common for people who experience domestic violence like you. I am right here with you. Name 3 things in the room under your breath. Take a long deep breath then give him the warning.

RE-EXPERIENCING

- I know that [child] can remind you [father, perpetrator] when he is this angry. Tell yourself, "he is just kid who has learned some bad habits. I am teaching him how to handle tough situations without being aggressive."