

Coaching Strategies in CDI & PDI to Match Caregiver Style: The Many PCIT Adventures in Hundred Acre Wood



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Big LP and Acknowledgment!



Thank you to fellow Master Trainers...

Christy Warner-Metzger, PhD

Robin Gurwitch, PhD

John Paul Abner, PhD

...for their creativity in developing fun PCIT exercises connecting theory to practice and bringing us back to our days in 100 Acre Wood!

Child Directed Interaction



COACHING STRATEGIES FOR CDI

Coaching Difficult Parents



Depressed Parent



- Talks slowly
- Moves slowly
- Little or no enthusiasm
- Speaks very softly
- Difficulty seeing hope in situation
- Difficulty seeing child's good qualities



Depressed Parent Solutions



- Model an upbeat tone; keep up your energy
- Ask parent to speak louder
- Praise any sign of enthusiasm, natural tone, spontaneous speech
- Help parent notice the child's response to their engagement or disengagement
- Monitor depression



Coaching Difficult Parents



Parent with ADHD



- Impatient
- Leads with PRIDE skills instead of following
- Talks too fast and too much - doesn't give the child (or coach) a chance to talk
- Does not listen to child
- Comments may be tangential
- Difficulty with homework/attending sessions



Parent with ADHD Solutions



- Model slow, calm, quiet voice
- Create an exercise that forces parent to listen...”For the next minute just listen and reflect everything he says”
- PRAISE for following – emphasize reflections and imitation
- Use a homework folder and mid-week or reminder calls

Coaching Anxious Parents



Anxious Parent



- Hesitates to initiate speaking
- Speaks in a whisper
- Gets flustered and apologetic

Anxious Parent Solutions



- Take time to make parent comfortable ... move slowly
- Reassure parent, “You’re doing fine.”
- Check in with parent, “How are you?”
- Teach descriptions first or feed lines
- Praise any spontaneous language and when parent catches mistakes

Coaching Difficult Parents



Oppositional/Expert Parent



- Ignores coaching
- Refuses certain dos and don'ts
- Intentionally provokes coach
- Challenges direction by the coach



Oppositional/Expert Parent Solutions



- Check equipment –ask parent if you are being heard
- Apply Motivational Interviewing techniques – don't be drawn into argument e.g., What are your goals? “to get finished and you out of my business.”
- Ignore provocation and praise cooperation
- Support the parent's own words and style
- May need to stop coaching and directly address this with the parent





Other Parental Presentations

Parent with Cognitive Delays/TBI



- Can't remember the skills
- Can't remember the reasons for the skills
- Problems with sequencing
- Problems with differential attention
- Gets focused on own play

Parent with Cognitive Delays/TBI Solutions



- Simplify - teach only two PRIDE skills at a time
- Start with Describing and Labeled Praises
- Teach a few labeled praise stems like, “Thank you for _____” and “ Good job of _____”
- Focus on Behavior Descriptions, less imitation
- Reinforce ignoring for annoying behaviors
- Extra practice in remembering skills
- Consider a “PRIDE cheat sheet” at Special Time
- AVOID trap of line feeding without moving to advanced coaching

Parent with Borderline Personality Disorder



- Need continued recognition
- Work hard to please you...but easily disappointed
- Skewed world view (“my child is out to get me”)
- Relationship difficulties (“bucket with the hole”)

Parent with BPD Solutions



- Coaching with much support
- Coaching with focus on what PARENT is doing to help the child
- Highlight PARENT gains and strengths
- Notice how child is behaving to “please” and “support” the parent
- “Join” the parent for the best interest of the child

Role Play



Volunteer

- Parent
- Child
- Without telling coach act according to parent style given
- Coach notice parent presentation and adjust for good CDI coaching to take place



Parent Directed Interaction



COACHING STRATEGIES IN PDI

PDI COACHING FRAMEWORK

by Cheryl McNeil



SLIDES PROVIDED BY: CHERYL MCNEIL, PH.D.

Big LP and Acknowledgment!



Thank you to fellow Master Trainer...

Cheryl McNeil, PhD

...for your continued ability to inspire PCIT coaches around the world as well as sharing her slides!

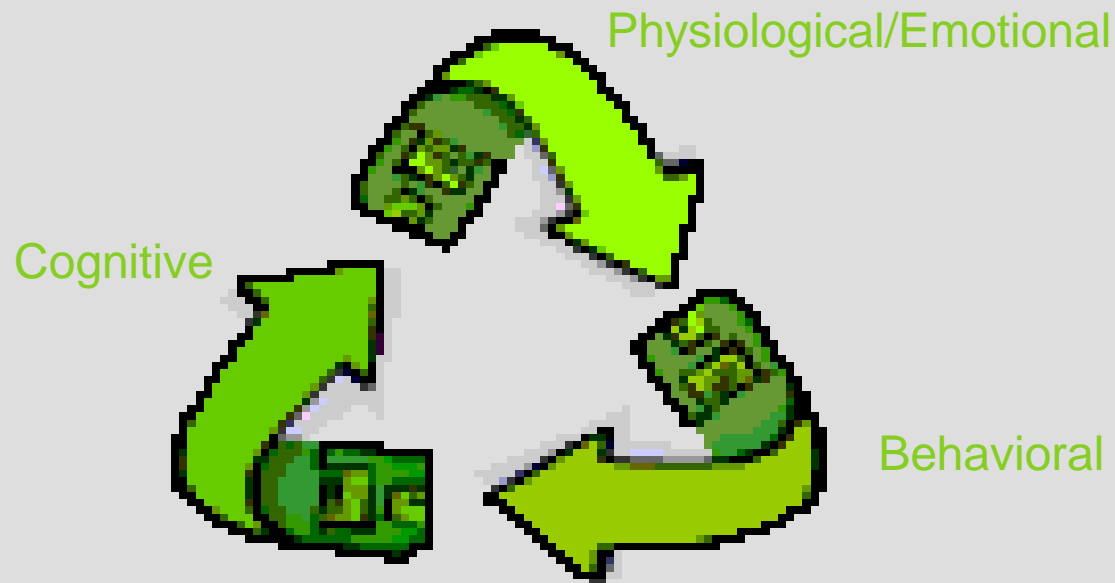
PDI Coaching Framework



PERMISSIVE

AUTHORITARIAN

3 Systems of Responses to PDI Session



Permissive Parenting Cognitions



PDI Coaching of Permissive Cognitions



Cognitive Distortions

- He will hate me.
- PDI will traumatize her.
- This is mean.
- She doesn't understand.
- I don't care if he hands me the chicken. It's not that big of a deal.
- He is scared.

Cognitive Distortions

- This will hurt her attachment to me.
- I can't do this every day for the rest of my life. It's too stressful.
- He is tired, hungry, and did not hear the command.
- He needs my help.
- I don't want to be mean like my parents.
- This doesn't feel fair.

PDI Coaching of Permissive Cognitions



Coaching Strategies

- Educate - structure and limits will enhance your relationship. The first time-out is hard, but he will learn quickly.
- Label behaviors as defiance and “testing” to decrease parental excuses and guilt.
- Empathy – I know this is hard. But, you’re doing what is best for your son (e.g., like taking him to doctor for a shot – breaks your heart but you know it will make him healthier)

Coaching Strategies

- Normalize disruptive behavior in chair
 - ✦ reassure that child is fine
 - ✦ behavior is typical
 - ✦ “hateful talk” is not personal
- Frame PDI as essential for SAFETY
 - ✦ This is important for his safety. It is not safe for a 3 year old to be running the house. You need to know that he will follow directions so you can keep him safe.
- Frame PDI as Teaching
 - ✦ Your son is learning to regulate his emotions.
 - ✦ She is learning self control.
 - ✦ You are teaching him to follow directions.
 - ✦ This is critical for school readiness.

PDI Coaching of Permissive Physiological and Emotional Responses



Physiological/Emotional Responses

- Fast heart rate
- Sweating
- Breathing hard
- Wary – Uncertain
- Tearful
- Panicky
- Overwhelmed - Frozen

Coaching Strategies

- Calm coaching voice
- Confident, decisive instructions to parent
- Lots of praise for parent staying firm
- Get parent to sit down
- Humor
- Have parent play with toys as distraction
- Relaxation training
 - ✦ Breathing
 - ✦ Tensing and relaxing muscles



PDI Coaching of Permissive Behavioral Responses



Behavioral Responses

- Extra talk, reasoning
- Slow and indecisive
- Allowing the child more than 5 seconds to comply
- Giving child extra chances by repeating command
- Indirect commands
- Pleading tone of voice
- Leaning over closely and getting at child's level at the time-out chair
- Staying too long at the time-out chair and back up area
- Hesitant about carrying child and cuddly carries
- Attending to child when she is in time-out



Coaching Strategies

- “Stay quiet, just point” to prevent repeated commands
- Give confident direct commands to the parent to prevent “deer in headlights”
- Lots of praise for being a “brick wall” and following through quickly and firmly with promised consequences.
- “QUICKLY”
 - ✦ Stand up quickly
 - ✦ Quickly pick him up from behind
 - ✦ Put his bottom on the chair and walk away quickly

AUTHORITARIAN PARENTING COGNITIONS



PDI Coaching of Authoritarian Cognitions



Cognitive Distortions

- He's mean and hateful.
- Time-out is not punishing enough.
- This will never work.
- I can't believe you want me to just sit here and let him verbally abuse me like this.
- I'm embarrassed for you to see how he disrespects me.
- Do you expect me to do this at home – wait all day until he decides to listen?
- A quick spank could put an end to this.

Coaching Strategies

- Talk about time-out as a powerful strategy.
- Instill positive expectations that this will work – explain that the first time-outs are tough but that children learn quickly (“like breaking a horse”).
- Normalize the behaviors so that the parent is less embarrassed and does not “demonize” the child.
 - ✦ We are used to children escalating in time-out. I expected this.
 - ✦ The screaming is normal. He just wants your attention.
- Sell that this is an assertive approach designed to teach respect for rules.
 - ✦ You need to win this battle.
 - ✦ This will teach him to respect you more.
 - ✦ He is learning that you are in charge.
 - ✦ She is learning to respect authority.

PDI Coaching of AUTHORITARIAN Physiological and Emotional Responses



Physiological/Emotional Responses

- Fast heart rate
- Sweating
- Breathing hard
- Red faced
- Angry
- Explosive-Impulsive



Coaching Strategies

- Calm coaching voice
- Confident, decisive instructions to parent
- Lots of praise for parent staying calm
- Get parent to sit down
- Humor
- Have parent play with toys as distraction
- Relaxation training
 - ✦ Breathing
 - ✦ Tensing and relaxing muscles

PDI Coaching of AUTHORITARIAN Behavioral Responses



Behavioral Responses

- Loud Voice
- Angry Looks
- Rough Physicals (e.g., grabs child roughly for carry)
- Extra Negative Talk
- Not Waiting Full 5 Seconds

Coaching Strategies

- Stay quiet, just point (to prevent negative talk)
- Calm coaching voice
- Praise for calm and gentle
- Get parent to “act like you are in a play and stick to your memorized script.”
- Tight coaching – get parent to do exactly what you say by being clear and direct.
- “Careful and Gentle”
 - ✦ Pick him up carefully.
 - ✦ Gently place him in the chair.
 - ✦ Easy now. Carry him gently.
 - ✦ Place him gently into the backup room. Close the door carefully. Watch his fingers.



Role Play PDI Coaching



- Volunteer Time
- Parent
- Child



Final Questions



- Closing Thoughts
- Questions
- Reactions

- Give yourselves a pat on the back for a being such a wonderful breakout session!

- Thank You!

