UCDAVIS CHILDREN'S HOSPITAL

PCIT Training Center

NCTSN

Advanced Training in PCIT: Training Toolbox

2015 Annual UC Davis PCIT Conference
Los Angeles, CA

OBJECTIVES

Goals for participants is to understand:

- What's in the toolbox
- The process of training: skill building to mastery
- Tools for observing and evaluating
- The art of giving feedback

TRAINING TOOLBOX

SUPPORTING THE TRAINING PHILOSOPHY

- PCIT for Traumatized Children Web course
- Treatment Manual, Competency checklist
- ToT Manual
  - Post-web course skill building
  - Coach coding
  - Session checklists: DPICS, Teaching, Coaching
  - Trainer (ToT) Competency checklists (New!!)
  - Progress note templates

TRAINING PHILOSOPHY

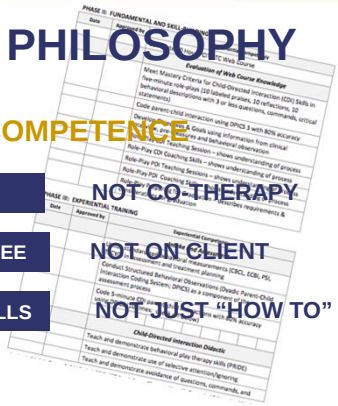
DEVELOPMENTAL MILESTONES

PROCESS	**NOT INSTANT**
SKILL BUILDING	**LAYERS OF UNDERSTANDING**
STRUCTURE	**ROLES, ROUTINES**

TRAINING PHILOSOPHY

BUILDING COMPETENCE

MENTORING	**NOT CO-THERAPY**
FOCUS ON TRAINEE	**NOT ON CLIENT**
GROWTH OF SKILLS	**NOT JUST "HOW TO"**



PCIT TRAINING

MENTORING vs. CO-THERAPY ROLE PLAY

TRAINING PROCESS

TRAINEE RESPONSIBILITIES

STUDY
- Web course
- Treatment manual
- McNeil book
- Read, review
- Observe others

PRACTICE
- Practice coding
- Practice CDI skills
- Role-play

APPLY FEEDBACK
- Listen to trainer feedback; ask questions
- Understand how to apply feedback to PCIT practice.

IMPORTANCE OF CODING MASTERY

KEY TO FIDELITY AND EFFECTIVENESS

TRAINING PROCESS

TRAINER RESPONSIBILITIES

PLAN & TEACH
- Brief didactics
- Preview new session requirements
- Preview competencies

OBSERVE & EVALUATE
- Session checklist
- Coach coding
- Note parent response & engagement

PREPARE
- Role-play
- Review to ensure trainee's readiness
- Review trainee's goals

FEEDBACK
- Transparent
- Descriptive
- Strength-based
- Plan for improvement

IMPORTANCE OF CODING MASTERY

KEY TO FIDELITY AND EFFECTIVENESS

USING THE TRAINING TOOLBOX

PRE-TRAINING

KEY STRATEGIES AND TRAINING TOOLS

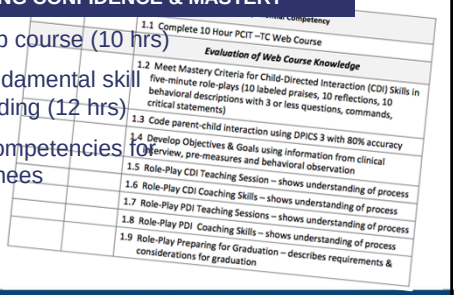
BUILDING A STRONG FOUNDATION
- Web course
- Treatment manual
- Post-web course skill building
  - Coding, PRIDE skill practice
  - Practice giving DPICS instructions
  - Understanding standardized assessments
  - Developing treatment goals

PRE-TRAINING

KEY STRATEGIES AND TRAINING TOOLS

BUILDING CONFIDENCE & MASTERY

- Web course (10 hrs)
- Fundamental skill building (12 hrs)
- 9 competencies for trainees



	1.1 Complete 10 Hour PCIT –TC Web Course
	Evaluation of Web Course Knowledge
	1.2 Meet Mastery Criteria for Child-Directed Interaction (CDI) Skills in five-minute role-plays (10 labeled praises, 10 reflections, 10 behavioral descriptions with 3 or less questions, commands, critical statements)
	1.3 Code parent-child interaction using DPICS 3 with 80% accuracy
	1.4 Develop Objectives & Goals using information from clinical interview, pre-measures and behavioral observation
	1.5 Role-Play CDI Teaching Session – shows understanding of process
	1.6 Role-Play CDI Coaching Skills – shows understanding of process
	1.7 Role-Play PDI Teaching Sessions – shows understanding of process
	1.8 Role-Play PDI Coaching Skills – shows understanding of process
	1.9 Role-Play Preparing for Graduation – describes requirements & considerations for graduation

INTAKE & ASSESSMENT

KEY TOOLS & TRAINING STRATEGIES

ENGAGEMENT & CONFIDENCE

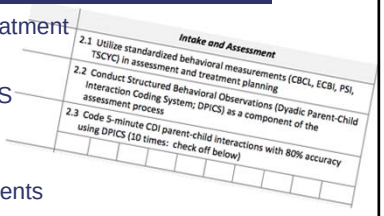
- Help select good PCIT cases- use Parent & Child Factors forms (Treatment Manual)
- Therapist Engagement Checklist (Treatment Manual)
- DPICS Session Checklist (ToT Manual)

INTAKE & ASSESSMENT

TRAINING GOALS

BUILDING CONFIDENCE & MASTERY

- Develops treatment plan
- Reads DPICS directions accurately
- Engages parents
- 3 competencies for trainees



Intake and Assessment
2.1 Utilize standardized behavioral measurements (CBCL, ECBI, PSI, TSCYC) in assessment and treatment planning
2.2 Conduct Structured Behavioral Observations (Dyadic Parent-Child Interaction Coding System; DPICS) as a component of the assessment process
2.3 Code 5-minute CDI parent-child interactions with 80% accuracy using DPICS (10 times: check off below)

TEACHING SESSIONS

KEY TOOLS & TRAINING STRATEGIES

DEVELOP PLAN FOR SKILL ACQUISITION

- Teach/ plan- make sure trainees know material
- Prepare- Role play ahead of time, review treatment plan
- Observe- Use the Teaching session checklist
- Feedback- Plenty of positive

TEACHING SESSIONS

TRAINING GOALS

BUILDING CONFIDENCE & MASTERY

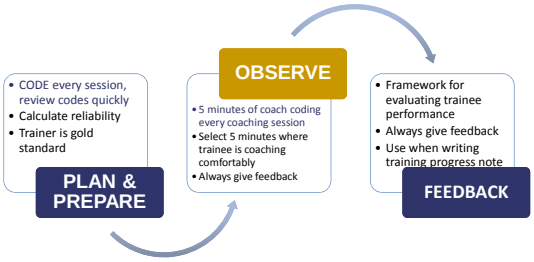
- Knows material and can teach and model it
- Understands what motivates the parent and gives relevant examples
- Supports parent's attempts to learn
- Is tough about homework

FEEDBACK

FOR GROWTH & IMPROVEMENT

COACHING SESSIONS

TOOLS AND TRAINING STRATEGIES



TEACH/ PLAN

OBSERVE & EVALUATE

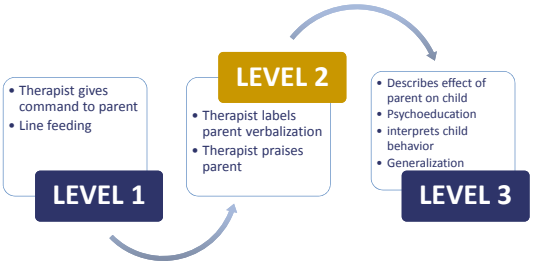
ToT SESSION CHECKLIST

Follows structure of session

- Check-in
- Coding
- Coaching, coach coding
- Closing the session

CDI COACH CODING

MEASURE OF COACHING SKILL ACQUISITION



COACH CODING

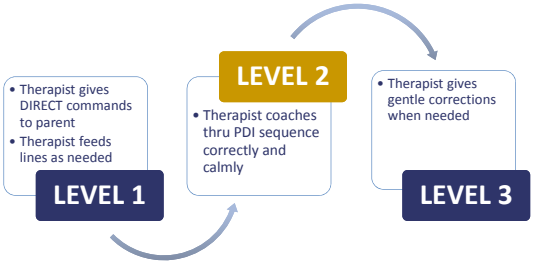
COACH CODING ROLE PLAY

COACH CODING

What did you notice?

PDI COACH CODING

MEASURE OF COACHING SKILL ACQUISITION



PDI COACH CODING

COACH CODING

What did you notice?

Worried that you'll forget to do something really important??

WRAPPING UP

TOOLS TO SUPPORT OBJECTIVE EVALUATION

- Session checklists
- Coach coding
- Therapist competency checklist
- ToT competency checklist (what should you be doing?)

WRAPPING UP

Giving feedback, noting progress, planning

- ToT Session checklist & coding sheet
- Structuring feedback
- Progress note templates
- Competency checklists
- Planning
- Transparency

WRAPPING UP

TRAINING FIDELITY IN PCIT PRACTICE

PCIT LIKE FITNESS TRAINING

- Need to teach good habits (good organization, documentation)
- Need to teach the WHY, not just how
- Need to teach what can change, what can be tailored– when and why
- Need to teach not to be afraid of collecting outcome measures

QUESTIONS?

THANK YOU!

CONTACT US

Website: pcit.ucdavis.edu

Web Course: pcit.ucdavis.edu/pcit-web-course

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