Advanced Training in PCIT: Providing PCIT in Home Settings

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OBJECTIVES

Goals for participants is to understand:

- Supporting an in-home PCIT program
- How to conduct PCIT in clients’ homes
- In-home PCIT treatment integrity
- The challenges of in-home PCIT and how to handle them
- The benefits of in-home PCIT
IN-HOME PCIT PROGRAMS

MAINTAIN TREATMENT FIDELITY

Protocols and therapist autonomy

- Need to follow PCIT protocol: Assessment driven (5-5-5, ECBI, 5 min coding), coach toward CDI/PDI mastery, 30 min coaching per session
- Need to focus on the dyad, especially in CDI
- Need for coding accuracy
- Demands on therapists: documentation, preparation for session

CREATING A PCIT SPACE

CALM

- Minimize noise
- Minimize intrusions
- Work with the caregiver to decide how to handle others

ROUTINE

- Introduce the routine of the treatment session
- Tell how the routine leads to the outcomes
- Stick to the routine

- Be on time and prepared
- Document everything
- Graph progress (DPICS & behavior problems)
- Carry a shadow file with you - show graphs

PROFESSIONAL
ROLE PLAY

CREATING A PCIT SPACE

TROUBLE SHOOTING

Creating a PCIT space

How we handle challenges

- “No shows”
- Siblings, babies, other family members
- TVs, telephones, visitors
- Taking a nap, need to eat, in the bath, gets up to get a snack, play in other room, go to the bathroom etc.
- Refer to agreement conversation with parent
- Be adaptable
SETTING UP
THE SPACE- THINGS TO CONSIDER:

Scan the living space quickly

- Where is there empty space for playing?
- Are there many breakable or valuable items in or near this space?
- Will the child be easily contained in this area?
- Ask the question, “Where do you usually play with client?”

SETTING UP

The dining room table
SETTING UP

Mobile home

SETTING UP

The kitchen counter
SETTING UP

Living space

SETTING UP

School space
### SETTING UP

#### WHERE YOU SIT - THINGS TO CONSIDER

<table>
<thead>
<tr>
<th>WHAT'S POSSIBLE</th>
<th>CLIENT</th>
<th>YOUR PREFERENCES &amp; NEEDS</th>
</tr>
</thead>
<tbody>
<tr>
<td>• Space limitations</td>
<td>• Age of client</td>
<td>• Make sure you can see &amp; hear easily</td>
</tr>
<tr>
<td>• Logistical barriers</td>
<td>• Distractibility of client</td>
<td>• Technology if you want to use it, make sure it works perfectly!</td>
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<td></td>
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<tr>
<td><strong>CAREGIVER</strong></td>
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<tr>
<td>• Caregivers need to hear you easily- check understanding</td>
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<tr>
<td>• Caregiver depressive symptoms- seeing you may help keep focus</td>
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<tr>
<td>• Less interruption of parent-child play is better</td>
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Using FM receiver

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9/5/2014
SETTING UP

Sitting behind the child

SETTING UP

Sitting between the parent and child
SETTING UP

DECIDING ON YOUR TIME-OUT SPACE

Find a space with the following qualities:

- Minimal stimulation
- Visible to the parent
- Out of the way of foot-traffic
- Explore parent’s current practices
- Avoid “the corner”
- Make space by using a rug, bean bag, kid sized chair
- Avoid tall chairs, stools – consider safety
COACHING

ROLE PLAY

COACHING IN HOME

TIMING YOUR COACHING:

When you coach changes in homes:

• Less of a constant presence
• Choosing moments best for giving feedback
• Setting up exercises for parent to practice specific skills
• Less Level II and III too much talking
• Take good notes and share observations with caregiver following session
**COACHING IN HOME**

**HOW MUCH TO COACH:**

How much you coach changes in homes:

- Keep it simple
- Keep it focused
- Keep coaching goals in mind

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**COACHING IN HOME**

**TEACHING MOMENTS**

Psychoeducation is best in little bits:

- When you teach
- Keep it short and simple
- Model and role play
- Give handouts
COACHING IN HOME

STAYING ON TRACK

Sticking to protocols can be challenging:

• Know the protocol and what you need to accomplish each session
• Have parent & child goals going into the session
• Review accomplishments with the parent at the end of each session

IN HOME PCIT

CHALLENGES

• If child gets up and goes to another room or in the back yard
• When there are siblings
• When child doesn’t want to start Special Playtime
• When children have tantrums- coaching behavior management skills
BENEFITS OF IN-HOME

SUPPORTS OF TREATMENT SUCCESS

Why we love in-home PCIT

- We see how the family really works; hard for them to hide problems
- Easy to come up with exercise that mimic what parents really have to deal with
- Easy to make it real for the parent

THANK YOU!

CONTACT US

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