DESCRIBING A WORLD WITHOUT RULES IN CDI

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Changes in PCIT

- Cultural shifts
  - Example: Time out chair back ups
Changes in PCIT

• Good idea shifts
  • 10 – 10 – 10

• Newer Protocol:
  • E = Enjoyment

• Why the change?
  • Enthusiasm does not translate well internationally.
  • Enjoyment captures more of how we want out parents to act.
Changes in PCIT

- Political shifts
- EBT enforcement
Stories from Mid-life
THE CDI PROTOCOL

No Rules, Just Right
There is no “table” rule

• A brief history of the “table” rule
  • Began as a tailoring for grandmothers with disabilities
  • The tailoring became a modification
Reasons to avoid the use of the "table" rule

- Takes away from the child led nature of the interaction.
- Playing on the floor is developmentally appropriate
- Leads to more opportunities for negative interactions.
SHOULD YOU EVER USE A “TABLE” RULE?

P.S. Just to be clear, it is fine to play at a table. Most therapists start at the table. Just don’t make it a rule you HAVE to play at the table.
There are not any other rules either.

- Rules take away from the child led quality of the interaction.
- Use of rules in CDI may decrease positive impact on parent child bond.
- Anecdotally, use of rules in CDI may increase time to mastery.
  - This has not been found in comparison research. (Timmer, 2011)
But

• Aggressive or destructive play will still end special play time.
• How do you deal with aggressive or destructive play if it occurs early in the session?

Setting up the playroom

- Have three toys out and “ready to play”
  - Helps to engage child in play
  - May broaden play choices
  - Provides fodder for PDI commands down the road