

DESCRIBING A WORLD WITHOUT RULES IN CDI

John Paul Abner, Ph.D.

Milligan College, TN

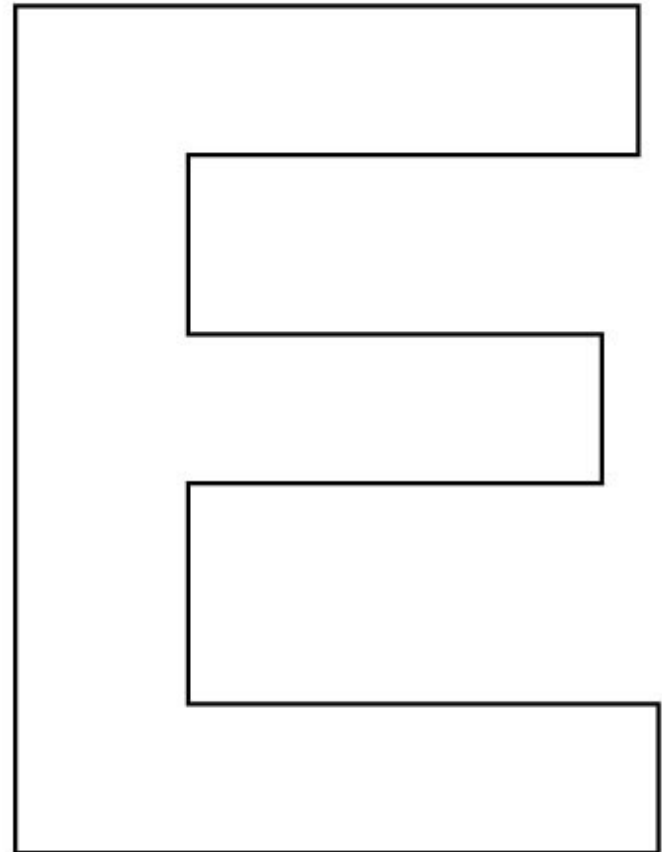
PCIT International Certified Master Trainer

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 our 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?



<http://www.theparentszone.com/behavior-problems/aggressive-behavior-in-children/>

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