### PCIT for TRAUMATIZED CHILDREN

#### Steps for CDI Coaching Sessions

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<th>Step</th>
<th>Directions</th>
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| 1    | • Before the session, review client’s case notes and familiarize yourself with his/her treatment goals  
     • Develop (or discuss with your trainer) your plan and goals for the session  
     • Any weekly assessment forms should be given to the parent to fill out while in the waiting room before the session begins |
| 2    | • Select toys based on the session number and objectives for the session.  
     • Test audio/video equipment |
| 3    | • Bring parent and child to PCIT room.  
     • Model good PCIT skills. |
| 4    | • Check in with parent.  
     • Discuss homework and any problems that may have occurred over the last week.  
     • Describe your plan and goal for the therapy session |
| 5    | • Have child and parent seated next to each other.  
     • Show the parent how to use the FM receiver. Suggest that the parent put the ear bud in the ear away from child |
| 6    | • Go into observation room.  
     • Turn video recorder on “Record”. |
| 7    | • Have DPICS Data Recording Sheet ready. |
| 8    | • Put on headset.  
     • Ask parent if they can hear you.  
     • Make adjustments if needed. |
| 9    | • Have parent tell child the Rules to Special Playtime (if appropriate) |
| 10   | • Instruct parent that you will be watching for 5-minutes. Read instructions for the CDI 5-minute coding (see 5-Minute CDI Instructions Form) |
| 11   | • Write start time on DPICS Data Recording Sheet  
     • CODE parent for 5 minutes!  
     • Note stop time on DPICS Data Recording Sheet |

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| 12 | - After 5 minutes, quickly add up scores  
    - Share with parent improvements and/or positive interactions you observed  
    - Pick 1-2 skills to work on. Tell parent what skills you will be coaching to achieve the treatment goal you described |
| 13 | - 30 minutes of coaching  
    - Work on addressing concerns as they arise (gentle play, getting along with others, sharing toys) |
| 14 | - A few minutes before you plan to end, tell the parent to let the child know that Special Time is almost over  
    - Have the parent tell the child what they liked about playing with him/her |
| 15 | - Have parent tell the child that playtime is over, begin to clean up, and describe their own actions  
    - Coach parent to avoid commanding the child to clean-up or engage in any battles over toys  
    - If child does help – PRAISE, PRAISE, PRAISE! |
| 16 | - Meet with parent for last five minutes. Share any observations of the child’s response to the parent’s use of PCIT skills.  
    - Show parent progress on PCIT Skill Acquisition Profile, reminding parent of the mastery criteria for CDI  
    - PRAISE, PRAISE, PRAISE parent! |
| 17 | - Fill in parent’s DPICS scores on HomeFun form  
    - Give homework assignment, circling skill(s) to practice on the back of HomeFun form  
    - Describe the objective of treatment you are working on and what skills the parent used that session to address it  
    - If you administer a weekly ECBI, show and discuss the progress to date in reducing behavior problems and your ongoing plans  
    - Work with parent to identify and resolve any barriers that could get in the way of doing homework. |
| 18 | - Write progress notes for case file |