Selling PCIT Homework in CDI: “Mission Im**POSSIBLE”**

Homework…..

What homework?

Foundation for homework starts at the first appointment!!!

*Take a nonjudgmental stance. And assume that the caregiver is doing the best that they can and they can try harder. Hold the concept of acceptance and change in your mind.*

Intake Session

* Discuss concept of homework during recommendation for PCIT
  + Significant commitment
  + 5 minutes per day
  + Treatment success is dependent on homework compliance
* Assignment of homework at end of intake session
  + 5 minutes of general play
  + Provide homework sheet

CDI Teach Session

* **PRAISE** caregiver for bringing in homework sheet
* Explain the function of homework
  + Use favorite analogies (see Analogies handout)
  + It’s a therapeutic intervention
  + Different experience than current interactions
  + Overlearning
* Reminder that homework is ONLY 5 minutes
  + Too long- hard to keep up therapeutic level
  + 5 minutes is shown to be effective
  + Easier to find 5 minutes in each day
* Give caregiver homework sheet
  + Review expectation
  + Reminder to bring to clinic next week

CDI Coaching Sessions

* **ALWAYS\*** ask about homework during check-in
  + Provide blank one if not returned-could be a different color then one provided at previous session
* **ALWAYS** PRAISE if completed
* Address resistant to homework directly and nonjudgmentally
* Assess what the caregiver is reinforced by (e.g., praise, more interaction with you)
* Link progress of client (or lack thereof) to homework completion
* Troubleshoot Barriers
  + Was it a selling issue?
  + Caregiver too stressed or too disorganized?
  + Not sending consistent message?
  + Others interfering with homework?
* Your intervention depends on the barrier (e.g., If selling issue need to re-review the rationale for the homework; if parent is too stress, may need to provide more structure, reminder phone calls)
* When coaching, tie in the progress demonstrated by parent and child to completion to homework #makeitrelevant
* ALWAYS provide homework sheet at end of session and obtain a commitment to certain number of days to conduct homework that coming week

