MISSION IMPOSSIBLE? - MAKING HOMEWORK WORK

14TH ANNUAL CONFERENCE ON PCIT FOR TRAUMATIZED CHILDREN

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AGENDA

· 1:40 – 1:50 pm
  · General Concepts of Homework
    • Foundation
    • Buy-In
    • Trouble Shooting
    • Positive Reinforcement
    • Use of Analogies Handout

· 1:50 – 2:10 pm
  · Sequence of HW for PDI & Handouts:
    • Staircase to PDI Success
    • Clinician PDI HW Plan & Rationale for When to Use Time-Out
    • PDI HW Plan for Caregivers

· 2:10 – 2:20 pm
  · Coaching Strategies
    • Use of regular “HW Plug” during coaching time
    • Relate positive skills gained to HW practice
    • Check-in with child how did they enjoy HW time

· 2:10 – 2:20 pm
  · Q & A

FOUNDATION BEGINS AT 1ST APPT

- 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

- 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

"Selling PCIT Homework": Analogies to Engage Families

Being a PCIT therapist requires an extraordinary amount of working memory. You have to constantly keep in mind multiple factors such as the child’s primary care treatment goal, what number coaching session is being held, what the ECSE scores are for this child, during check-in what did the caregiver report was the main problem, what did the child say to you during check-in, any shifts in behavior you have noticed that perhaps the caregiver has overlooked and this list only covers a few items, phase! Now let all those factors into short, brief and clear coaching statements while being supportive of the caregivers’ acquisition of skills during both the Child-Directed Interaction (CDI) and Parent-Directed Interaction (PDI) phase of treatment. It is a very impressive task that clinicians undertake and such a powerful treatment intervention.

A key factor that drives progress in treatment is lack of homework completion. Without regular use of the CDI and PDI skills during the week a great deal of valuable coaching time is spent focusing on skills previously discussed and coached. Analogies have proven to be effective framing tools for reinforcing thinking skills and conceptual understanding (Alvemn & Philips, 1999). Therefore, in working with families here we can use this teaching strategy to help “Sell PCIT Homework” to busy and stressed caregivers who have many other responsibilities that require their time and attention in addition to their child’s treatment demands of “daily homework.” Through the use of analogies try to match a caregiver’s logic / interest to the analogy.

Since creating analogies takes another part of your valuable PCIT working memory space the suggestions below were created to help “Sell PCIT Homework” to caregivers and serve as a clinical tool in how clinicians can approach the topic and critical importance of daily homework completion.

<table>
<thead>
<tr>
<th>Visual Art</th>
<th>Comparison Topic</th>
<th>The Analogy</th>
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<tbody>
<tr>
<td>Medical</td>
<td>Think of PCIT treatment like a cancer treatment. You have to go WEEKLY to the main office for your heavy chemotherapy dosage that requires monitoring because it’s too toxic for sessions here for PCIT. With live coaching DAILY you would take your chemo medication to keep your treatment moving forward. So in PCIT you have 5 minute DAILY homework to give your child something through the week to help behavior change for them and for you to remember the skills taught.</td>
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<tr>
<td>Sports</td>
<td>Think of PCIT treatment like you would if playing a high school level sport. You need to practice DAILY to keep your skills sharp, remember all your game plan strategies and to work well as a cohesive team, like in PCIT we assign daily homework to give your child enough practice through the week to help behavior change for them and for you to remember the skills taught. Then you have WEEKLY games to test how far your skills have come, how well your game plans are working and for the glory of victory which in PCIT is our weekly sessions, tracking your child’s ECSE scores and your IPOS scores with the goal of obtaining mastery.</td>
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<tr>
<td>Cooking</td>
<td>Think of PCIT treatment as if you were to become a great baker. Our WEEKLY therapy sessions are like providing the recipe and teaching about the list of ingredients learning what flowers pair best together which is why PCIT gives live coaching while you play and interact with your child as you are introduced in pairing praises with behaviors. A true baker learns by practicing DAILY the perfect temperature water needs to be at before adding yeast and before long there is no need to refer to a recipe. Like in PCIT we assign daily homework to give your child enough practice through the week to help behavior change for them and for you to remember the skills taught like memorizing a recipe by heart.</td>
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SAMPLE HW TO REVIEW WITH CAREGIVER

Weekly "HomeFun" Sheet

<table>
<thead>
<tr>
<th>Day</th>
<th>Visit</th>
<th>Play</th>
<th>Role Play/Games</th>
<th>Comments</th>
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<td>Monday</td>
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PDI Staircase to Success

If No Homework, Stay At Same Level!!

If Assignment was Challenging or Family Missed Sessions, Maybe Go Down a Level

Master Public Behavior
Master House Rules & PDI w/ Sibling
Master "To Do" Commands All Day
Master 2 – 4 Commands Child Able to Accept Timeout
Master Play Commands 1st, Master Clean-Up Commands 2nd Child Able to Accept Timeout

Adapted from C. McNellis' PDI Coaching Session – Riverside, California. PDI Coaches Workshop (May 2014)
Clinician-PDI Homework Plan & Rationale for When to use Time-Out

As therapy moves forward & you begin cascading PDI skills, remember daily homework remains a key element to achieve successful behavior changes in your client. The homework process is extremely methodical and jumping ahead can create setbacks in treatment gains. **Give CAUTION to your CAREGIVERS!** Even though they have been taught the PCTI Time-Out method they will only use Time-Out to teach following a certain order that targets and assigns their own homework time before using throughout the day & you must see the next level of PDI homework only when your caregiver makes a request and you assess together if your child accepts Time-Out without ignoring the chain. If your client struggles or gets off the time-out chair during session or at home be sure your caregiver is given the same PDI homework level, or if necessary, consider dropping down to a level as shown in the graph below.

**Key criteria CALL YOUR COACH IMMEDIATELY if they are having any problems implementing Time-Out:**

<table>
<thead>
<tr>
<th>Therapy Session</th>
<th>Homework Given Weekly</th>
<th>When Can Time-Out Be Used?</th>
<th>Reason</th>
</tr>
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<tbody>
<tr>
<td>PDI Teach</td>
<td>Only PDI homework, extremely important this week</td>
<td><strong>Not Time-Out</strong></td>
<td>Child has not yet learned the Time-Out plan in therapy, only the child has been taught.</td>
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<tr>
<td>PDI HW Level 1</td>
<td>Play Commands Only</td>
<td>Time-Out for not obeying play command</td>
<td>Track immediate need to obey commands Make sure you have time to complete Time-Out. If any problems call coach immediately</td>
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Parent-Directed Interaction (PDI) Homework Plan For Caregivers

Congratulations on achieving mastery of your Child-Directed Interactions (CDI) Skills! Way to have PRIDE!

By focusing on relationship enhancement and discipline techniques of praise you have been able to boost your child’s self-esteem and keep your child engaged in positive behavior. Your ability to use the skill of reflections shows you’re listening closely to their shared thoughts and statements. In addition, your use of behavioral descriptions has taught your child to be aware of what they are physically doing with their hands and body. Learning the art of “Differential Attention” has taught your child when they behave in a rude, sassy or demanding manner you will remove all your attention from them until they begin to act in a positive manner that deserves your reaction through a verbal strategy. Reflection or labeled praise. Beyond mastering these skills you have also learned how to imitate your child’s play and body language when it is appropriate and most wonderful of all, you have enjoyed spending time with your child.

As therapy moves forward and you begin learning the Parent-Directed Interactions (PDI) skills daily homework will remain an important key part to help achieve successful behavior changes in your child.

**CAUTION:** Even though you have been taught the PCTI Time-Out Sequence you will only use Time-Out as taught following a certain order and level system to which your therapist will discuss in detail with you. You must see the next level of PDI homework only when your child accepts Time-Out without ignoring the chain. The plan will be to remain on the same level with PDI homework until your child has been able to successfully complete time-outs (if needed) with play commands. The process is extremely methodical; jumping ahead can create setbacks in treatment gains.

**CALL YOUR PCTI COACH IMMEDIATELY** if you are having any problems implementing Time-Out:

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PDI Coaching Strategies

- Check-in with the CLIENT (aka: the child)
  - Did they like play time?
  - What was their favorite thing to do?

- Infomercial Plug during Coaching
  - Tie HW relates to behavior changes seen in session
  - Tie how HW practice daily is helping reach Bx goal
  - How natural can you make it sound


Sample HW Based on PDI Level
SAMPLE HW BASED ON PDI LEVEL

Q & A

- Questions
- Suggestions
- Feedback

Thank you for accepting your mission: Homework completion!

Cheers to the amazing PCIT coaches who go to great lengths to help families and children live happier and healthier lives!