

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



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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

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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

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"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 plan/treatment goal, what number coaching session is being held, what the ECBI 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, phew! Now tie all these 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 PCIT clinicians undertake and such a powerful treatment intervention.

A key factor that delays 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 learning tools for reinforcing thinking skills and conceptual understanding (Alvermann & Phelps, 1998). Therefore, in working with families how can we 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 hobby/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.

Visual Art	Comparison Topic	The Analogy
	Medical	Think of PCIT treatment like you would a cancer treatment. You have to go WEEKLY to the main office for your heavy chemotherapy dosage that requires monitoring because it's new like our sessions here for PCIT with live coaching. DAILY you would take your chemo medication to keep your treatment moving forward like in PCIT you have 5 minutes DAILY homework to give your child enough dosing through the week to help behavior change for them and for you to remember the skills taught.
	Sports	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 ECBI scores and your DPICS scores with the goal of obtaining mastery.
	Cooking	Think of PCIT treatment as if you were to become a great baker. Our WEEKLY therapy sessions are like providing the recipes and teaching about the list of ingredients learning what flavors pair best together which is why PCIT gives live coaching while you play and interact with your child as you are coached 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.

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 resistance to homework directly and nonjudgmental fashion
- 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

SAMPLE HW TO REVIEW WITH CAREGIVER

Weekly "HomeFun" Sheet

Child's Name Susie Week of 9/8-9/11

Today's 5-minute
Power Burst

1	2	3	4	5	6
105	3	1	1	1	6
Level	Reflections	Behavior	Directions	Questions	Comments

Practice the Relationship Enhancement - PRIDE skills and IGNORE minor problems - every day for 5 minutes.

	Yes	No	Skills Practiced/Used	Comments
Monday	✓			
Tuesday		✓		
Wednesday	✓		Looks & Praises	She & well!
Thursday	✓		Reflections	Lots of fun!
Friday	✓		All	All good!
Saturday	✓		All	She was a lot of fun.
Sunday		✓		



SPECIFIC SKILLS TO PRACTICE DAILY

Use your Relationship Enhancement Skills (PRIDE)

- P** Praise the appropriate behavior that you see immediately
 - R** Use "reflection" to teach your child to listen and communicate
 - I** Model (Imitate & Model) the behavior you desire
 - D** Describe the behavior that you see or want to see that is appropriate
 - E** "Enjoy" your play time with your child by having enthusiastic play
- Use "physical positives" such as smiles, looking with eyes, hugs, kiss, sitting close.
Reduce questions and commands.
Avoid NO, DON'T STOP, QUIT, & NOT.

Behaviors to notice, describe, and praise:

Attitude	Following directions	Quiet
Big boy/girl voice	Grasp	Safely
Carefully	Hands to self	Signing nice things
Caring	In-door voice	Sharing
Choosing	Letting other talk	Softly
Closing up	Listening	Taking their time
Complying (first time)	Minding	Taking turns
Concentrating	Patience	Thinking things over
Cooperative	Polite words	Using words
	Quickly	Waiting

How hard will it be for you to do your "Home Fun" this week?



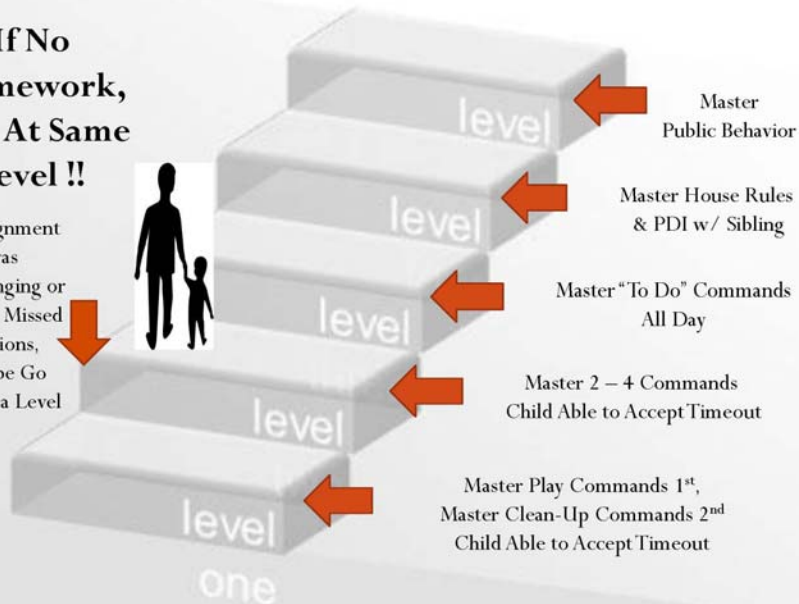
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PDI Staircase to Success

If No Homework, Stay At Same Level !!

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



Adapted from C. McNeil's PDI Coaching Session—Riverside, California PCIT Coaches Workshop (May 2014)

Clinician PDI Homework Plan & Rationale for When to use Time-Out

As therapy moves forward & you begin coaching 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 set-backs in treatment gains. **GIVE CAUTION to your CAREGIVERS(S):** Even though they have been taught the PCIT Time-Out Method they will only use Time-Out as taught following a certain order that begins only during their play homework time before using throughout the day & **you move to the next level of PDI homework only when your therapist and you assess together if your child accepts Time-Out without leaving the chair.** 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 a level as shown in the graph below:

Have caregiver **CALL YOU IMMEDIATELY** if they are having any problems implementing Time-Out!

Therapy Session	Homework Given Weekly DAILY 5 minutes CDI & Add;	When Can Time Out Be Used?	Reason
PDI Teach	Only CDI Homework *extremely important this week	<i>NO Time-Outs</i>	Child has not yet learned the Time-Out sequence in therapy, only the adult has been taught
PDI HW Level 1	Play Commands Only *if family not ready do CDI only	Time-Out for not obeying play command * next session: command-comply-praise	Teach immediate need to obey commands Make sure you have time to complete Time-Out *If any problems call therapist immediately
PDI HW Level 2	Clean-Up Commands after CDI HW	Time-Out for not obeying clean up command after CDI	Cleaning up is an activity all people have to learn and practice daily
PDI HW Level 3	Clean-Up Commands after CDI HW Plan 2-4 Specific Times for Commands Each Day • Coach writes on HW sheet as guide to caregiver	Time-Out for not obeying clean up command after CDI Outside of play give direct commands for real life (ex: bath, brush teeth, dress) to be used only if there is time to follow through	Cleaning up is an activity all people have to learn and practice daily Move away from play commands to gradually use more real life commands, as these are the areas of concern and difficulty in the home
PDI HW Level 4	Clean-Up Commands after CDI HW Throughout Each Day Commands • Caregiver writes on HW sheet what commands given	Time-Out for not obeying clean up command after CDI Throughout day give direct commands for real life (ex: bath, brush teeth, dress) to be used only if time to follow through	Cleaning up is an activity all people have to learn and practice daily Generalizing skill of effective commands, using real life commands as needed throughout the day still only given when time to follow complete time-out sequence
PDI HW Level 5	Clean-Up Commands after CDI HW Throughout Each Day Commands House Rules • Coach writes on HW Sheet	Time-Out for not obeying clean up command after CDI Throughout day give direct commands for real life (ex: bath, brush teeth, dress) Automatic Time-Out is given for breaking a House Rule	Cleaning up is an activity all people have to learn and practice daily Generalizing skill of effective commands, using real life commands as needed throughout the day A specific behavior is the focus of a House Rule that needs ongoing correction
PDI HW Level 6	Throughout Each Day Commands House Rules • Parent writes on HW Sheet Public Behavior Outing (if needed)	Throughout day give direct commands for real life (ex: bath, brush teeth, dress) Automatic Time-Out is given for breaking House Rule In Public Places/Outside of Home	Generalizing skill of effective commands, using real life commands as needed throughout the day A specific behavior is the focus of a House Rule that needs ongoing correction In all settings your child learns to obey directions

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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 being noticed by you through giving a verbal behavior description, 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 PCIT Time-Out Sequence you will only use Time-Out as taught following a certain order and level system which your therapist will discuss in detail with you. **You move to the next level of PDI homework only when your therapist and you assess together if your child accepts Time-Out without leaving the chair.** 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 set-backs in treatment gains.

CALL YOUR PCIT COACH IMMEDIATELY if you are having any problems implementing Time-Out!

Therapy Session	Homework Given Weekly DAILY 5 minutes CDI & Add;	When Can Time Out Be Used?	Reason
PDI Teach	Only CDI Homework *extremely important this week	<i>NO Time-Outs</i>	Child has not yet learned the Time-Out plan in therapy, only the adult has been taught
PDI HW Level 1	Play Commands Only	Time-Out for not obeying play command	Teach immediate need to obey commands Make sure you have time to complete Time-Out *If any problems call therapist immediately

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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

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SAMPLE HW BASED ON PDI LEVEL



PDI HomeFun Sheet

Level 1 - Play Commands Only

Child's Name _____ Week of _____

Use the 8 Rules for Effective Commands & follow-up with a labeled praise every time your child complies



Date	Did you practice PDI for 5 min in a play situation of her CSE today?		Time-Out Chair	Time-Out Sign	Comments
	Yes	No	Place one mark for each time your child was sent to the time-out chair for disobeying commands in a play situation	Place one mark each time your child got off the chair without permission	
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Call your PCT Coach IMMEDIATELY if you are struggling with the Time-Out Sequence. Example Play Commands to use with your child in the play.
 Please give me _____ Please get _____ back.
 Please give me _____ Please hand me the _____ please.
Labeled Praise: Great following directions! You're good at following! Awesome job making me!

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PDI HomeFun Sheet

Level 2 - Clean-Up Commands Only

Child's Name _____ Week of _____

Use the 8 Rules for Effective Commands & follow-up with a labeled praise every time your child complies



Date	Did you practice PDI for 5 min in a Clean-Up situation of her CSE today?		Time-Out Chair	Time-Out Sign	Comments
	Yes	No	Place one mark for each time your child was sent to the time-out chair for disobeying commands in Clean-Up	Place one mark each time your child got off the chair without permission	
Monday					
Tuesday					
Wednesday					
Thursday					
Friday					
Saturday					
Sunday					

Call your PCT Coach IMMEDIATELY if you are struggling with the Time-Out Sequence. Example Clean-Up Commands to use with your child in the play.
 Please clean-up your _____! Put _____ back please.
 Please place that _____ please.
Labeled Praise: Great following directions! You're good at following! Awesome job making me!

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SAMPLE HW BASED ON PDI LEVEL

PDI HomeFun Sheet Level 3 - Clean-Up & Only 2-4 Specific Commands

Child's Name _____ Week of _____
Use the B Rules for Effective Commands & follow-up with a labeled praise every time your child complies.



Date	Did you practice PDI for 5 min in a Clean-Up?	Time-Out Chair	Time-Out Room	Comments
	Yes No	Place one mark for each time your child was sent to the time-out chair for disobeying Specific Commands or Clean-Up Commands	Place one mark for each time your child got off the chair without permission	Write the Specific Commands or Clean-Up Commands if you give (that were not obeyed)
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				


1. Label Praise Great following directions! You're good at listening! Awesome job meeting me!
 2. Time-Out Chair
 3. Time-Out Room
 4. Year % of Effective Commands are _____

Labeled Praise: Great following directions! You're good at listening! Awesome job meeting me!
 (Goal is to be at 75%)
 Year % of Effective Commands

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PDI HomeFun Sheet Level 4 - Throughout the Day Commands

Child's Name _____ Week of _____
Use the B Rules for Effective Commands & follow-up with a labeled praise every time your child complies.



Date	Did you practice Giving Direct Commands When Important?	Time-Out Chair	Time-Out Room	Comments
	Yes No	Place one mark for each time your child was sent to the time-out chair for disobeying	Place one mark each time your child got off the chair without permission	Write the Direct Commands that were not obeyed
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

1. Label Praise Great following directions! You're good at listening! Awesome job meeting me!
 2. Time-Out Chair
 3. Time-Out Room
 4. Year % of Effective Commands are _____

Labeled Praise: Great following directions! You're good at listening! Awesome job meeting me!
 (Goal is to be at 75%)
 Year % of Effective Commands

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SAMPLE HW BASED ON PDI LEVEL

PDI HomeFun Sheet Level 5 - House Rules

Child's Name _____ Week of _____
Use the B Rules for Effective Commands & follow-up with a labeled praise every time your child complies.



Date	Did you practice Giving Direct Commands When Important?	Time-Out Chair	House Rules	Time-Out Room
	Yes No	Place one mark for each time your child was sent to the time-out chair for disobeying Direct Commands	Place one mark for each time your child was sent to the time-out chair for breaking a House Rule	Place one mark each time your child got off the chair without permission
Monday				
Tuesday				
Wednesday				
Thursday				
Friday				
Saturday				
Sunday				

1. Label Praise Great following directions! You're good at listening! Awesome job meeting me!
 2. Time-Out Chair
 3. Time-Out Room
 4. Year % of Effective Commands are _____

Labeled Praise: Great following directions! You're good at listening! Awesome job meeting me!
 (Goal is to be at 75%)
 Year % of Effective Commands

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Q & A

- Questions
- Suggestions
- Feedback

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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!

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