

# “I’m Happy Now”: PCIT with a Child in Foster Care with Trauma Symptoms

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# Start at the Beginning



## Intake Assessment is Crucial!

- \*Prior to Behavior Observation (DPICS 5/5/5)
- \*Know the child and family history - Triggers to Negative Behavior?
  - \*CPS Involvement/Intervention?
  - \*Removal/Separation?
  - \*Domestic Violence Exposure?
  - \*Community Violence?
  - \*Substance Abuse in the Family?

Case Example: “Biggie”: Summary of client history



# Including the Child in Treatment

Remember with Trauma behaviors, they are often a reaction to triggers

- \*Do you talk with the client (versus adult only) at check-in/out?
- \*When and how do you discuss behaviors with client?

Video Clip: Watch how the coach engages the child

# Video Clip - 1

# Informed Coaching



## Hitting hurdles versus jumping them

### Coach keeping in mind the trauma history

- \*Is the behavior out of defiance?
- \*Is the behavior and/or the play of the child “telling you” his story?
- \*Selection of toys to keep in mind

Video Clip: Watch how CDI coaching skills are implemented to address the child’s trauma symptoms that arise

# Video Clip - 2

# PDI and Trauma



## Reactions to PDI and attempt to maintain old patterns

- \*What do you observe during the time-out?
  - \*Crying?
  - \*Aggression/Threatening?
  - \*Focused Anger or dysregulated mood?
  - \*Disassociation?
  - \*Flashbacks?
  - \*Re-enactment?
  - \*Psycho somatic complaints?

# Video Clip - 3



# PCIT Graduation



## Graduation

- \*Children with trauma history may have difficulty leaving
- \*Review what the child learned
- \*Certificate as the transitional object for a good good-bye

## Post PCIT Plan

- \*Booster Sessions?
- \*Refer to TF-CBT?

# Video Clip - 4

# Thank You

Questions, Comments & Feedback

