CHILD TRAUMA
Trauma-Informed CDI Coaching Blurbs

Think about how trauma can influence a child’s view of themselves, others, and the world. Use what you know about PCIT skills to help the caregiver begin to give their child messages that can repair trauma.

FEAR/ANXIETY

- When you are right here in the moment with him using those behavioral descriptions, you tell him that you are a safe and available person.
- When you are consistent with special playtime during the week, she knows what to expect which is different than when she was experiencing the trauma. You are helping adjust her view of the world as predictable.
- Playing like this with [Child] allows them to be a child!

INAPPROPRIATE TOUCHING

- Sexual abuse can make kids feel really unsafe and unsure. When you show affection and positive attention, she knows that someone loves and cares about her in an appropriate way.
- Praising [Child] for gentle safe hands will help reduce the likelihood that they will inappropriately touch other kids.

AGGRESSION

- After family fighting, kids can have a hard time managing their feelings. When you praise him for being calm and using his words, it can begin to re-write what was modeled for him before.

DISSOCIATION

- [Child] seems to be off in her own little world. That can happen after trauma sometimes. You can use the “I wonder” skill to see if you can bring her back. I wonder what you want to make with the Play Dough.
- See what you did there. You brought her back to this safe play in the present moment.

TRAUMATIC PLAY

- Go ahead and tell [Child] that you are glad he is talking about the scary car accident. Pretend you have an ambulance and tell him that you are coming to take care of his scared feelings. Say, “mommies can help kids when they are scared.”