

Implications of Time Out Procedures Among Families with Trauma Histories

Roundtable Discussion
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Traumatized Children
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Objectives of Discussion



- ▶ Define trauma and give examples of traumatic experiences.
- ▶ Explore Trauma Informed PDI and Time-Out.
- ▶ Elaborate upon unique PCIT protocol experiences in treatment with these families



Defining Trauma



Trauma is the experience of an event that is emotionally painful or distressful that often results in significant lasting impact on the person's physical, social, mental, and spiritual well-being.

Defining Trauma

Examples of Traumatic Experiences


- Divorce
- Moving to a new school
- Separations from caregivers
- Natural disasters such as tornadoes, windstorms, earthquakes, and hurricanes
- Robbery or break-in
- Medical procedures or illnesses
- Death of a loved one
- War/acts of terrorism
- Witnessing domestic or community violence
- Chronic stress from work, home, or school
- Bullying
- Near death experiences
- Sexual Abuse
- Physical abuse
- Neglect




Purpose of PCIT



- ▶ The purpose of the CDI phase is to “restructure the parent-child relationship and provide the child with a secure attachment to his or her parent” (Storch, 2005, p. 106).
- ▶ In the PDI phase, parents learn ways to provide consistent consequences for child appropriate behaviors as well as a systematic time-out procedure for child non-compliance (Brinkmeyer & Eyberg, 2003).



Possible impact of time-out on clients with trauma history



“AN INDIVIDUAL'S REACTION TO EMOTIONAL TRAUMA IS COMPLEX AND DIFFICULT TO PREDICT. A PERSON'S AGE, PAST EXPOSURE TO TRAUMA, SOCIAL SUPPORT, CULTURE, FAMILY PSYCHIATRIC HISTORY AND GENERAL EMOTIONAL FUNCTIONING ARE SOME OF THE VARIABLES RELATED TO INDIVIDUAL RESPONSE TO TRAUMA.” (MCFARLANE & YEHUDA, 1996).

Reactions May Look Like:

Trauma Related Response	Examples
Intolerable Stress	<ul style="list-style-type: none">• Lack of follow through with coaching and/or commands.• Difficulty enjoying the play.• Poor affect regulation.• Dissociation.• Parent Going "Off Script" - "Extra talk" during Time-Out sequence.• Excessive use of "Don't Skills".
Avoidance	<ul style="list-style-type: none">• Skipping appointments.• Not completing homework or special time with child.• Child not engaging the parent in play.
Anxiety	<ul style="list-style-type: none">• Over reliance on Indirect Commands• Lack of verbalizations during play sessions.• "Tip-Ups"



Re-traumatization



A PERSON WHO IS STILL SUFFERING FROM THE IMPACT OF A PREVIOUS TRAUMA HAS *HEIGHTENED VULNERABILITY* TO STRESSFUL EVENTS THAT FOLLOW.



Trauma Triggers in PCIT



- A **TRAUMA TRIGGER** IS AN EXPERIENCE THAT CAUSES SOMEONE TO RECALL A PREVIOUS **TRAUMATIC** MEMORY, ALTHOUGH THE **TRIGGER** ITSELF NEED NOT BE FRIGHTENING OR **TRAUMATIC** AND CAN BE INDIRECTLY OR SUPERFICIALLY REMINISCENT OF AN EARLIER **TRAUMATIC** INCIDENT.

Trauma Triggers in PCIT

- Examples of Possible Triggers in PCIT:
 - Warning that the child will be placed on the time out chair.
 - The child being directed physically towards the time out chair.
 - Parent ignoring undesirable behavior.
 - Parent leaving the room utilizing the “swoop and go” technique.



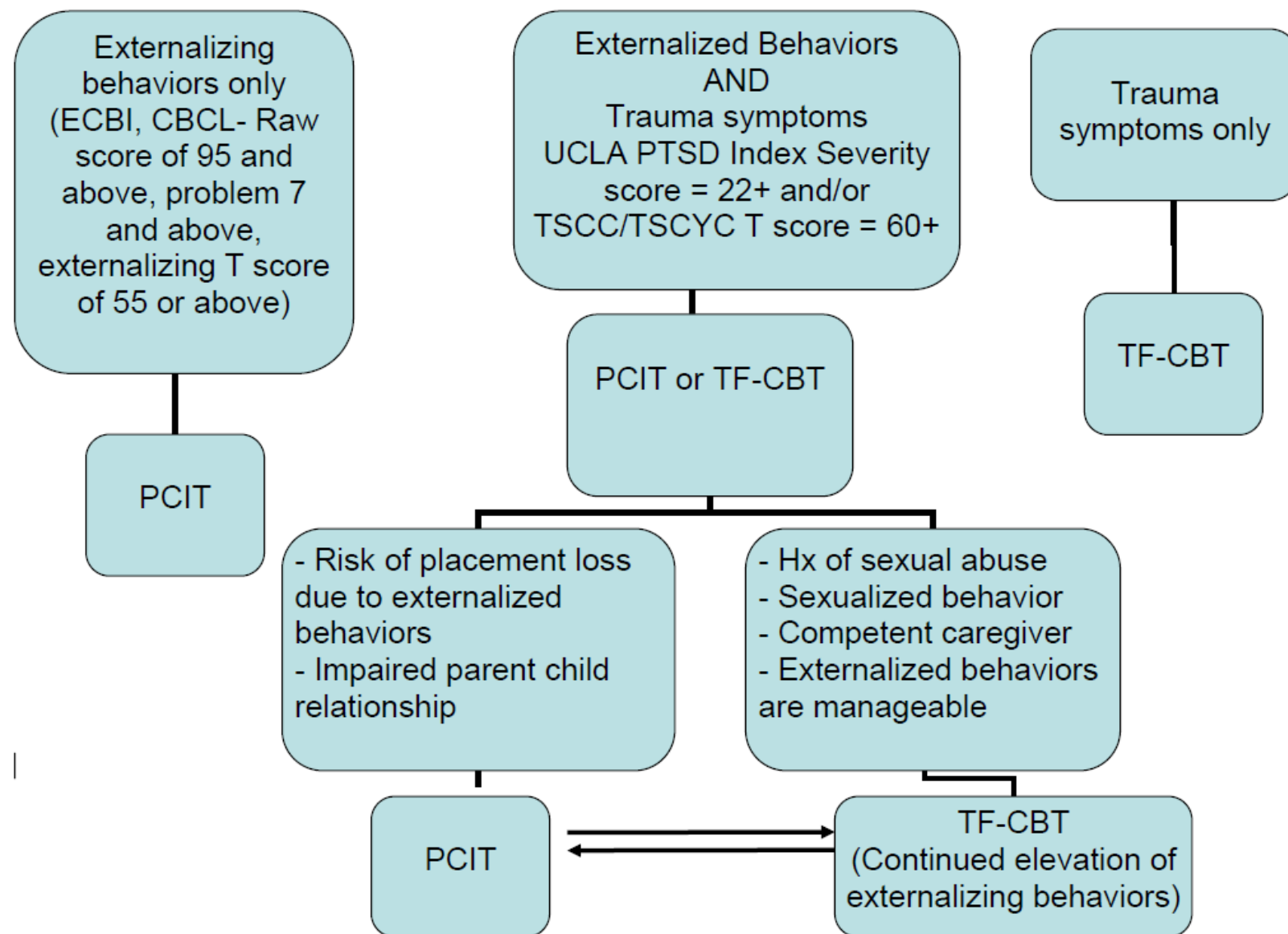
Tailoring PCIT to be trauma informed



- VIEWING FAMILY WITH A TRAUMA INFORMED LENS.
- TAILORING TIME OUT (SWOOP AND GO, DUTCH DOOR).
- COACHING TO EMPHASIZE CDI AFTER A TIME OUT.
- TRAUMA INFORMED PSYCHOEDUCATION DURING TEACH SESSIONS.
- PSYCHOEDUCATION ABOUT CORPORAL PUNISHMENT.
- CHANGE PARENT'S PERCEPTION OF CHILD (TRAUMA INFORMED PARENTING).
- EMPHASIZE IMPORTANCE OF PREDICTABILITY OF PDI.
- PARENT'S AFFECT MANAGEMENT.
- AFFECT AND REINFORCEMENT OF BEHAVIORS MAY TREAT SOME TRAUMA SYMPTOMS (CORRECTIVE EMOTIONAL EXPERIENCE, EXPOSURE, OR SOCIAL REFERENCING).

Deciding what to treat first:

PCIT or TF-CBT (2 1/2 years to 7 years old)





Case Presentation: J.R.

- Four year old, Hispanic, male
- Starting ECBI score= 180
- History of witnessing domestic violence (toward mother from bio-father).
- Mom Hispanic, single, working part time, with PTSD and Depression history.
- Mom had preoccupation with time out/ swoop and go protocol
- First and only time out sequence in treatment:
 - Lasted approximately 3 minutes
 - Coached mom through relaxation and reassured her that client was fine
 - Returned to CDI and normal play
 - Mom mentioned “time out” warning and client complied
 - Mom reported two time outs at home over last 4 four months after treatment ended.



Case Presentation: A.R.

- ▶ 6-year-old Hispanic-White male.
- ▶ Initial ECBI score: 178
- ▶ History of witnessing Domestic Violence (Father towards mother)
- ▶ Mom was diagnosed with PTSD, she was employed as a teacher's assistant at the client's elementary school.
- ▶ Time-out sequences:
 - ▶ Longest time out sequence lasted: 23 minutes, 20 seconds.
 - ▶ Mother tended to exhibit a lot of extra talk, she expressed anxiety over triggering negative behavior in the client.
 - ▶ Mother also expressed guilt when client would plead "don't go" when engaging in the "swoop and go" portion of the sequence.

Post – PCIT treatment for trauma

- TFCBT
- PROLONGED EXPOSURE
- CHILD-PARENT PSYCHOTHERAPY
- PLAY THERAPY
- INDIVIDUAL THERAPY FOR CAREGIVER
- MULTI-SYSTEMIC THERAPY (MST)
- TRAUMA SYSTEMS THERAPY



THANK YOU FOR
ATTENDING OUR
DISCUSSION!

CONTACT INFORMATION

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