Coaching Strategies in CDI & PDI to Match Caregiver Style: The Many PCIT Adventures in Hundred Acre Wood

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Big LP and Acknowledgment!

Thank you to fellow Master Trainers...
Christy Warner-Metzger, PhD
Robin Gurwitch, PhD
John Paul Abner, PhD

...for their creativity in developing fun PCIT exercises connecting theory to practice and bringing us back to our days in 100 Acre Wood!
Child Directed Interaction

COACHING STRATEGIES FOR CDI

Coaching Difficult Parents

Depressed Parent

- Talks slowly
- Moves slowly
- Little or no enthusiasm
- Speaks very softly
- Difficulty seeing hope in situation
- Difficulty seeing child’s good qualities

Depressed Parent Solutions

- Model an upbeat tone; keep up your energy
- Ask parent to speak louder
- Praise any sign of enthusiasm, natural tone, spontaneous speech
- Help parent notice the child’s response to their engagement or disengagement
- Monitor depression

Parent with ADHD

- Impatient
- Leads with PRIDE skills instead of following
- Talks too fast and too much - doesn’t give the child (or coach) a chance to talk
- Does not listen to child
- Comments may be tangential
- Difficulty with homework/attending sessions

Parent with ADHD Solutions

- Model slow, calm, quiet voice
- Create an exercise that forces parent to listen...”For the next minute just listen and reflect everything he says”
- PRAISE for following – emphasize reflections and imitation
- Use a homework folder and mid-week or reminder calls

Anxious Parent

- Hesitates to initiate speaking
- Speaks in a whisper
- Gets flustered and apologetic

Anxious Parent Solutions

- Take time to make parent comfortable ... move slowly
- Reassure parent, “You’re doing fine.”
- Check in with parent, “How are you?”
- Teach descriptions first or feed lines
- Praise any spontaneous language and when parent catches mistakes
Oppositional/Expert Parent

- Ignores coaching
- Refuses certain dos and don’ts
- Intentionally provokes coach
- Challenges direction by the coach

Oppositional/Expert Parent Solutions

- Check equipment – ask parent if you are being heard
- Apply Motivational Interviewing techniques – don’t be drawn into argument e.g., What are your goals? “to get finished and you out of my business.”
- Ignore provocation and praise cooperation
- Support the parent’s own words and style
- May need to stop coaching and directly address this with the parent

Other Parental Presentations
Parent with Cognitive Delays/TBI

- Can’t remember the skills
- Can’t remember the reasons for the skills
- Problems with sequencing
- Problems with differential attention
- Gets focused on own play

Parent with Cognitive Delays/TBI Solutions

- Simplify - teach only two PRIDE skills at a time
- Start with Describing and Labeled Praises
- Teach a few labeled praise stems like, “Thank you for ____” and “Good job of _____”
- Focus on Behavior Descriptions, less imitation
- Reinforce ignoring for annoying behaviors
- Extra practice in remembering skills
- Consider a “PRIDE cheat sheet” at Special Time
- AVOID trap of line feeding without moving to advanced coaching

Parent with Borderline Personality Disorder

- Need continued recognition
- Work hard to please you...but easily disappointed
- Skewed world view (“my child is out to get me”)
- Relationship difficulties (“bucket with the hole”)

Parent with BPD Solutions

- Coaching with much support
- Coaching with focus on what PARENT is doing to help the child
- Highlight PARENT gains and strengths
- Notice how child is behaving to “please” and “support” the parent
- “Join” the parent for the best interest of the child

Role Play

Volunteer
  - Parent
  - Child

- Without telling coach act according to parent style given
- Coach notice parent presentation and adjust for good CDI coaching to take place

Parent Directed Interaction

COACHING STRATEGIES IN PDI

PDI COACHING FRAMEWORK
by Cheryl McNeil

SLIDES PROVIDED BY: CHERYL MCNEIL, PH.D.

Big LP and Acknowledgment!

Thank you to fellow Master Trainer...

Cheryl McNeil, PhD

...for your continued ability to inspire PCIT coaches around the world as well as sharing her slides!

PDI Coaching Framework

3 Systems of Responses to PDI Session

PERMISSIVE

AUTHORITARIAN

Physiological/Emotional

Cognitive

Behavioral

Permissive Parenting Cognitions

## PDI Coaching of Permissive Cognitions

### Cognitive Distortions

- He will hate me.
- PDI will traumatize her.
- This is mean.
- She doesn’t understand.
- I don’t care if he hands me the chicken. It’s not that big of a deal.
- He is scared.

### Cognitive Distortions

- This will hurt her attachment to me.
- I can’t do this every day for the rest of my life. It’s too stressful.
- He is tired, hungry, and did not hear the command.
- He needs my help.
- I don’t want to be mean like my parents.
- This doesn’t feel fair.

## Coaching Strategies

- **Educate** - structure and limits will enhance your relationship. The first time-out is hard, but he will learn quickly.
- **Label behaviors as defiance and “testing” to decrease parental excuses and guilt.**
- **Empathy** – I know this is hard. But, you’re doing what is best for your son (e.g., like taking him to doctor for a shot – breaks your heart but you know it will make him healthier)

## Coaching Strategies

- Normalize disruptive behavior in chair
  - reassure that child is fine
  - behavior is typical
  - “hateful talk” is not personal
- Frame PDI as essential for SAFETY
  - This is important for his safety. It is not safe for a 3 year old to be running the house. You need to know that he will follow directions so you can keep him safe.
- Frame PDI as Teaching
  - Your son is learning to regulate his emotions.
  - She is learning self control.
  - You are teaching him to follow directions.
  - This is critical for school readiness.
## PDI Coaching of Permissive Physiological and Emotional Responses

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<th>Physiological/Emotional Responses</th>
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<td>Fast heart rate</td>
<td>Calm coaching voice</td>
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<td>Sweating</td>
<td>Confident, decisive instructions to parent</td>
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<td>Breathing hard</td>
<td>Lots of praise for parent staying firm</td>
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<tr>
<td>Wary – Uncertain</td>
<td>Get parent to sit down</td>
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<td>Panicky</td>
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# PDI Coaching of Permissive Behavioral Responses

## Behavioral Responses
- Extra talk, reasoning
- Slow and indecisive
- Allowing the child more than 5 seconds to comply
- Giving child extra chances by repeating command
- Indirect commands
- Pleading tone of voice
- Leaning over closely and getting at child’s level at the time-out chair
- Staying too long at the time-out chair and back up area
- Hesitant about carrying child and cuddly carries
- Attending to child when she is in time-out

## Coaching Strategies
- “Stay quiet, just point” to prevent repeated commands
- Give confident direct commands to the parent to prevent “deer in headlights”
- Lots of praise for being a “brick wall” and following through quickly and firmly with promised consequences.
- “QUICKLY”
  - Stand up quickly
  - Quickly pick him up from behind
  - Put his bottom on the chair and walk away quickly

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## Cognitive Distortions
- He’s mean and hateful.
- Time-out is not punishing enough.
- This will never work.
- I can’t believe you want me to just sit here and let him verbally abuse me like this.
- I’m embarrassed for you to see how he disrespects me.
- Do you expect me to do this at home – wait all day until he decides to listen?
- A quick spank could put an end to this.

## Coaching Strategies
- Talk about time-out as a powerful strategy.
- Instill positive expectations that this will work – explain that the first time-outs are tough but that children learn quickly (“like breaking a horse”).
- Normalize the behaviors so that the parent is less embarrassed and does not “demonize” the child.
  - We are used to children escalating in time-out. I expected this.
  - The screaming is normal. He just wants your attention.
- Sell that this is an assertive approach designed to teach respect for rules.
  - You need to win this battle.
  - This will teach him to respect you more.
  - He is learning that you are in charge.
  - She is learning to respect authority.

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## PDI Coaching of AUTHORITARIAN
Physiological and Emotional Responses

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## PDI Coaching of AUTHORITARIAN Behavioral Responses

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<tr>
<td>0 Loud Voice</td>
<td>0 Stay quiet, just point (to prevent negative talk)</td>
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<tr>
<td>0 Angry Looks</td>
<td>0 Calm coaching voice</td>
</tr>
<tr>
<td>0 Rough Physicals (e.g., grabs child roughly for carry)</td>
<td>0 Praise for calm and gentle</td>
</tr>
<tr>
<td>0 Extra Negative Talk</td>
<td>0 Get parent to “act like you are in a play and stick to your memorized script.”</td>
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<tr>
<td>0 Not Waiting Full 5 Seconds</td>
<td>0 Tight coaching – get parent to do exactly what you say by being clear and direct.</td>
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<td>0 “Careful and Gentle”</td>
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<tr>
<td></td>
<td> Pick him up carefully.</td>
</tr>
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<td></td>
<td> Gently place him in the chair.</td>
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<tr>
<td></td>
<td> Easy now. Carry him gently.</td>
</tr>
<tr>
<td></td>
<td> Place him gently into the backup room. Close the door carefully. Watch his fingers.</td>
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Role Play PDI Coaching

- Volunteer Time
- Parent
- Child
Final Questions

- Closing Thoughts
- Questions
- Reactions

- Give yourselves a pat on the back for being such a wonderful breakout session!

- Thank You!