



Advanced Training in PCIT: Providing PCIT in Home Settings

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UC DAVIS
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PCIT
Training
Center



Champions For Our Children
www.First5LA.org





OBJECTIVES

Goals for participants is to understand:

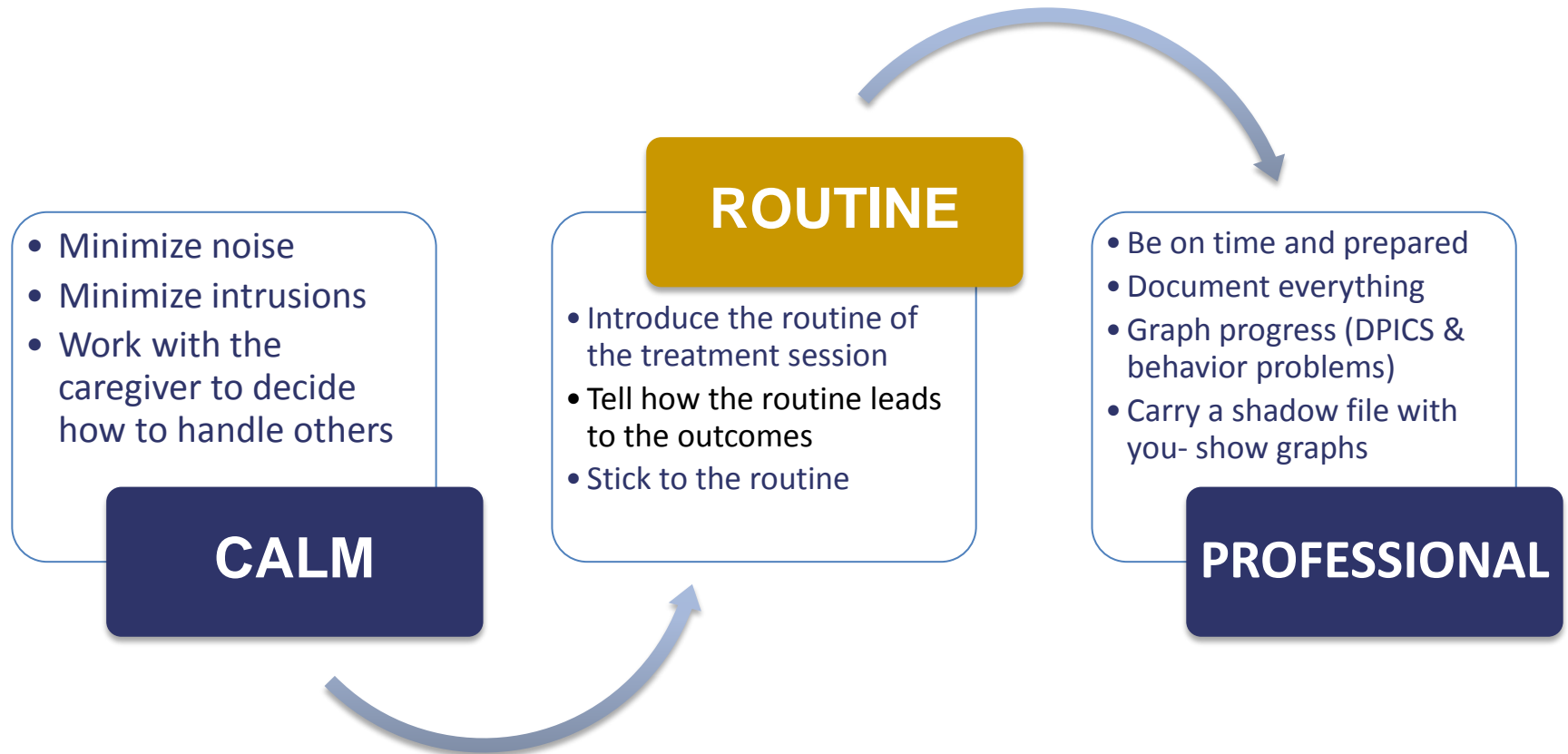
- Supporting an in-home PCIT program
- How to conduct PCIT in clients' homes
- Testing different coaching strategies
- In-home PCIT treatment integrity
- The challenges of in-home PCIT and how to handle them
- The benefits of in-home PCIT



IN HOME PCIT

HOW TO SET UP YOUR PCIT SPACE

CREATING A PCIT SPACE





SETTING UP

THE SPACE- THINGS TO CONSIDER:

Scan the living space quickly

- Where is there empty space for playing?
- Are there many breakable or valuable items in or near this space?
- Will the child be easily contained in this area?
- Ask the question, “Where do you usually play with client?”

SETTING UP



The dining
room table

SETTING UP



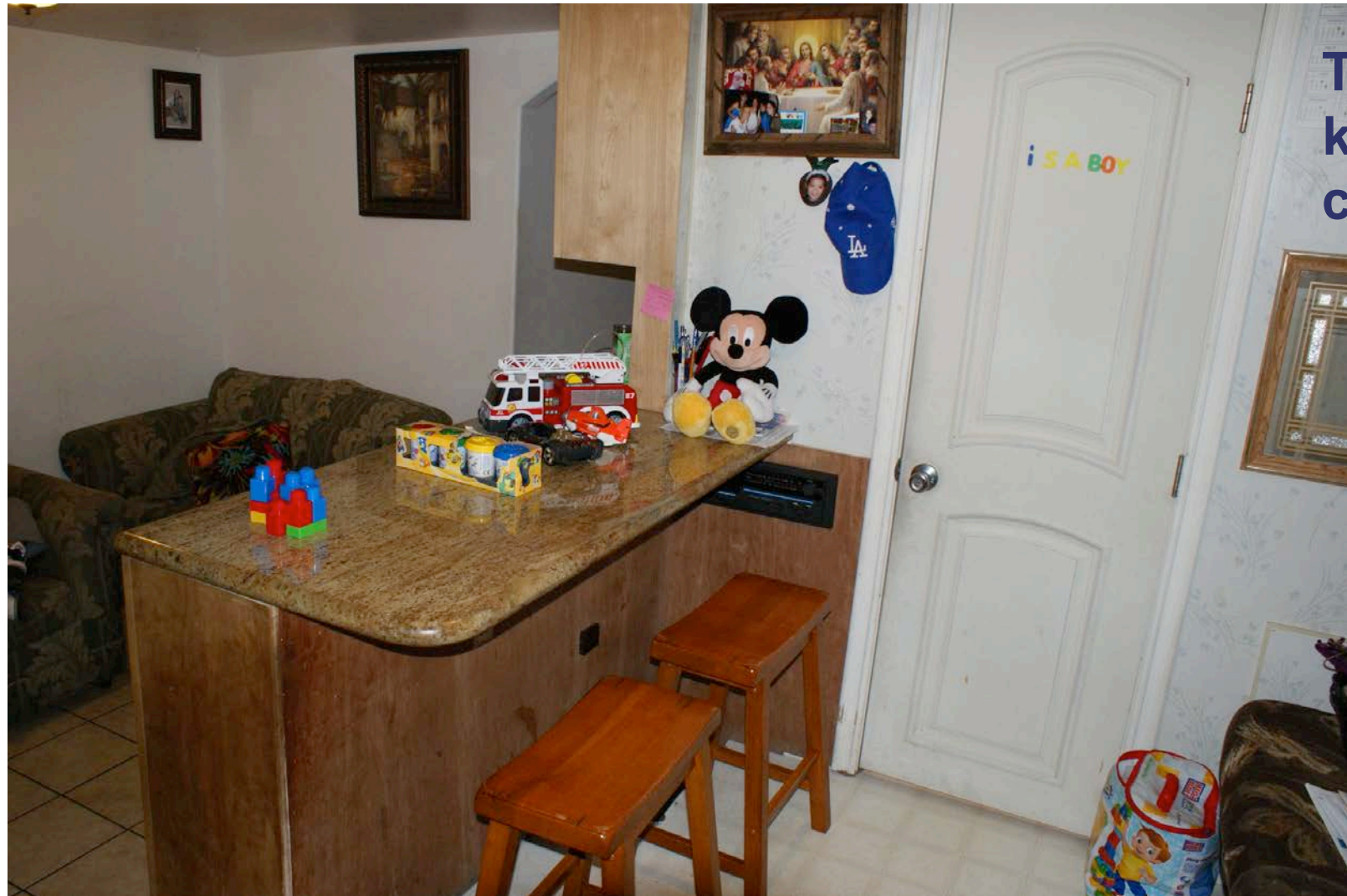
**Mobile
home**

SETTING UP



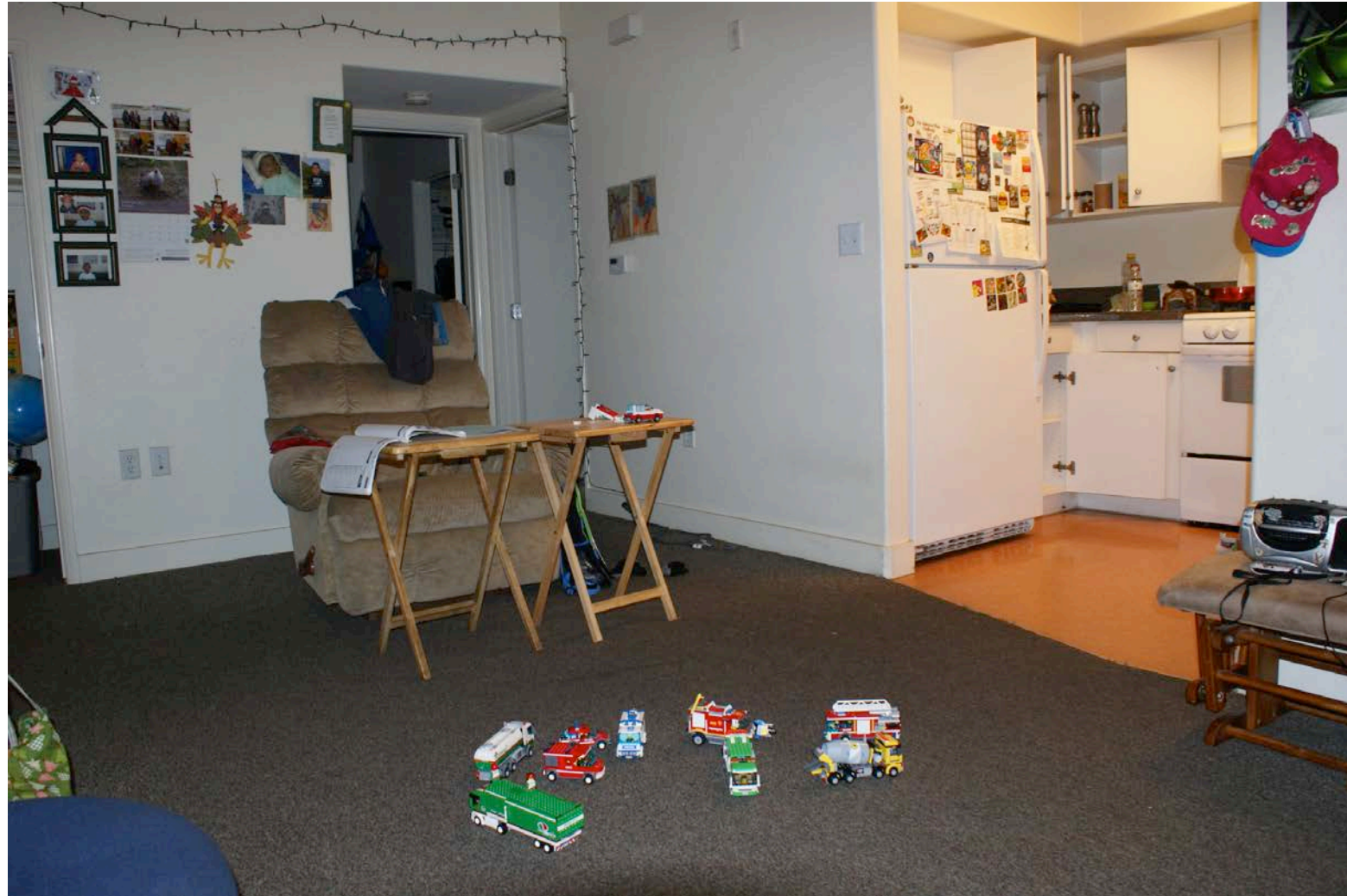
**Mobile
home**

SETTING UP



The
kitchen
counter

SETTING UP



Living
space

SETTING UP



**School
space**

SETTING UP



**School
space
(view 2)**



SETTING UP

WHERE YOU SIT- THINGS TO CONSIDER

WHAT'S POSSIBLE

- **Space** limitations
- **Logistical** barriers

CAREGIVER

- **Caregivers** need to hear you easily- check understanding
- **Caregiver** depressive symptoms- seeing you may help keep focus
- **Less interruption** of parent-child play is better

CLIENT

- **Age** of client
- **Distractibility** of client

YOUR PREFERENCES & NEEDS

- **Make** sure you can see & hear easily
- **Technology** if you want to use it, make sure it works perfectly!

SETTING UP



Using FM
receiver

SETTING UP



Sitting behind
the child

SETTING UP



Sitting
between the
parent and
child

SETTING UP



Sitting behind
the parent



SETTING UP

DECIDING ON YOUR TIME-OUT SPACE

Find a space with the following qualities:

- Minimal stimulation
- Visible to the parent
- Out of the way of foot-traffic
- Explore parent's current practices
- Avoid "the corner"
- Make space by using a rug, bean bag, kid sized chair
- Avoid tall chairs, stools – consider safety



**LET'S TRY
IT OUT!!**

ROLE PLAYING COACHING



GROUP DISCUSSION

- What setup did you like best? Why?
- How often did you coach?
- How much did you say?
- What kinds of things did you say?
(Level)



COACHING IN HOME

PHYSICAL SET UP AND COACHING:

Where you sit will affect how you coach:

- Behind the parent
- Across from parent
- Using an FM receiver



COACHING IN HOME

TIMING YOUR COACHING:

When you coach changes in homes:

- Less coaching
- Choosing moments best for giving feedback
- Setting up exercises for parent to practice specific skills
- Take good notes and share observations with caregiver following session

COACHING IN HOME

HOW MUCH TO COACH:

How much you coach changes in homes:

- Keep it simple
- Keep it focused
- Keep coaching goals in mind



COACHING IN HOME

TEACHING MOMENTS

Psychoeducation is best in little bits:

- When you teach
- Keep it short and simple
- Model and role play
- Give handouts



TREATMENT IN HOMES

MEANING OF “HOME” AND THERAPEUTIC ROLES

SANCTUARY

- Home is safe
- Your role in keeping all safe & providing PCIT

THE HOST

- Caregivers' roles in their homes
- Your social role & your professional role

CULTURE & HOME

- Variations in meaning of “home” by culture
- Need to be sensitive
- Need to create therapeutic space



IN-HOME PCIT PROGRAMS

MAINTAINING TREATMENT FIDELITY

Protocols and therapist autonomy

- Need to follow PCIT protocol: Assessment driven (5-5-5, ECBI, 5 min coding), coach toward CDI/PDI mastery, 30 min coaching per session
- Need to focus on the dyad, especially in CDI
- Need for coding accuracy
- Demands on therapists: documentation, preparation for session



COACHING IN HOME

STAYING ON TRACK

Sticking to protocols can be challenging:

- Know the protocol and what you need to accomplish each session
- Have parent & child goals going into the session
- Review accomplishments with the parent at the end of each session

THANK YOU!

CONTACT US

Website: pcit.ucdavis.edu

Web Course: pcit.ucdavis.edu/pcit-web-course



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