



We Treat Kids Better

PCIT Coaching Strategies for Caregivers Exposed to IPV: Considerations and Adaptations to Treatment

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Introduction

- 1 in 15 children are exposed to intimate partner violence each year, and 90% of these children are eyewitnesses to this violence (Hambry et al., 2011).
- Children exposed to IPV exhibit increased emotional problems, behavior problems (Holden & Ritchie, 1991), and social problems (Graham-Bermann & Levendosky, 1998).
- Children whose mother's are in violent relationships demonstrate decreased attachment behaviors (Huth-Bocks, Levendosky, Theran, & Bogat, 2004; Zeanah, et al., 1999).

Characteristics in the Therapy Room

Caregiver

- Blank stare
- Shift in body stance
- Retreating
- Flinching
- Slow responsivity
- Difficulty using active ignore
- Avoidance
- Attributing qualities to perpetrating caregiver

Child

- Physical aggression
- Aggressive play
- Aggressive language



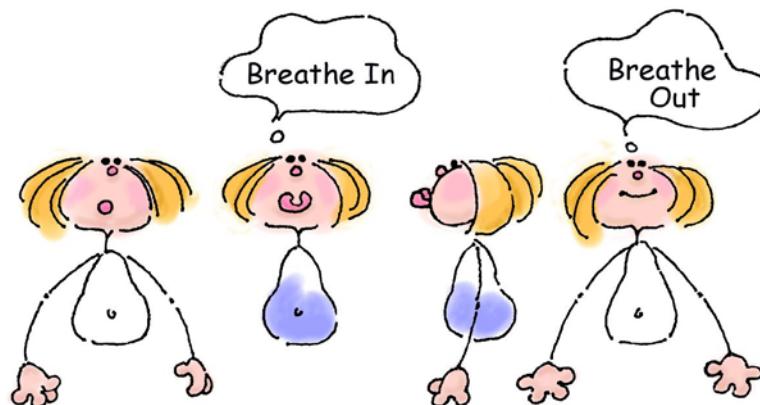
Discussing IPV with the Caregiver

- Assess exposure to IPV
- Establish strong rapport
- Provide psychoeducation



Coaching Strategies

- Create a sense of safety
- Teach self-regulation strategies



Coaching Statements

We teach children how to behave through our own behaviors. When you use the time-out routine you are showing your child that you can react calmly and predictably to her misbehavior. You are teaching her that conflict can be managed without violence.

She might be playing out some of the scary things she witnessed when you and dad were fighting. She may not know another way to interact with others. Keep using the active ignoring to help her learn a positive way to play with people.

When you reflect his feelings about daddy, you are letting him know it is safe to express those feelings with you. It may be hard to hear those feelings, but you are helping him to express himself using appropriate words instead of aggressive behavior.

When you use a firm tone of voice, you appear strong and in control of the situation. He feels safe because he knows what is coming next.

Adaptations

Additional CDI sessions

Additional PDI sessions

Additional collateral sessions

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