Advanced Training in PCIT: Training Toolbox

2015 Annual UC Davis PCIT Conference
Los Angeles, CA

OBJECTIVES
Goals for participants is to understand:
- What’s in the toolbox
- The process of training: skill building to mastery
- Tools for observing and evaluating
- The art of giving feedback

TRAINING TOOLBOX
SUPPORTING THE TRAINING PHILOSOPHY
- PCIT for Traumatized Children Web course
- Treatment Manual, Competency checklist
- ToT Manual
  - Post-web course skill building
  - Coach coding
  - Session checklists: DPICS, Teaching, Coaching
- Trainer (ToT) Competency checklists (New!!)
- Progress note templates

TRAINING PHILOSOPHY
DEVELOPMENTAL MILESTONES
- PROCESS
- SKILL BUILDING
- STRUCTURE
- NOT INSTANT
- LAYERS OF UNDERSTANDING
- ROLES, ROUTINES

TRAINING PHILOSOPHY
BUILDING COMPETENCE
- MENTORING
- NOT CO-THERAPY
- FOCUS ON TRAINEE
- NOT ON CLIENT
- GROWTH OF SKILLS
- NOT JUST “HOW TO”

PCIT TRAINING
MENTORING vs. CO-THERAPY ROLE PLAY
TRAINING PROCESS

TRAINEE RESPONSIBILITIES

**STUDY**
- Web course
- Treatment manual
- McNeil book
- Read, review
- Observe others

**PRACTICE**
- Practice coding
- Practice CDI skills
- Role-play

**APPLY FEEDBACK**
- Listen to trainer feedback; ask questions
- Understand how to apply feedback to PCIT practice.

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TRAINING PROCESS

TRAINER RESPONSIBILITIES

**PLAN & TEACH**
- Brief didactics
- Preview new session requirements
- Preview competencies

**PREPARE**
- Role-play
- Review to ensure trainee’s readiness
- Review trainee’s goals

**OBSERVE & EVALUATE**
- Session checklist
- Coach coding
- Note parent response & engagement

**FEEDBACK**
- Transparent
- Descriptive
- Strength-based
- Plan for improvement

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USING THE TRAINING TOOLBOX

BUILDING A STRONG FOUNDATION

- Web course
- Treatment manual
- Post-web course skill building
  - Coding, PRIDE skill practice
  - Practice giving DPICS instructions
  - Understanding standardized assessments
  - Developing treatment goals

IMPORTANCE OF CODING MASTERY

KEY TO FIDELITY AND EFFECTIVENESS
PRE-TRAINING

KEY STRATEGIES AND TRAINING TOOLS

BUILDING CONFIDENCE & MASTERY

- Web course (10 hrs)
- Fundamental skill building (12 hrs)
- 9 competencies for trainees

INTAKE & ASSESSMENT

KEY TOOLS & TRAINING STRATEGIES

ENGAGEMENT & CONFIDENCE

- Help select good PCIT cases- use Parent & Child Factors forms (Treatment Manual)
- Therapist Engagement Checklist (Treatment Manual)
- DPICS Session Checklist (ToT Manual)

TRAINING GOALS

- Develops treatment plan
- Reads DPICS directions accurately
- Engages parents
- 3 competencies for trainees

TEACHING SESSIONS

KEY TOOLS & TRAINING STRATEGIES

DEVELOP PLAN FOR SKILL ACQUISITION

- Teach/ plan- make sure trainees know material
- Prepare- Role play ahead of time, review treatment plan
- Observe- Use the Teaching session checklist
- Feedback- Plenty of positive
TEACHING SESSIONS
TRAINING GOALS

BUILDING CONFIDENCE & MASTERY

• Knows material and can teach and model it
• Understands what motivates the parent and gives relevant examples
• Supports parent’s attempts to learn
• Is tough about homework

FEEDBACK
FOR GROWTH & IMPROVEMENT

COACHING SESSIONS
TOOLS AND TRAINING STRATEGIES

PLAN & PREPARE

OBSERVE

• CODE every session, review codes quickly
• Calculate reliability
• Trainer is gold standard

PLAN & PREPARE

OBSERVE

• 5 minutes of coach coding every coaching session
• Select 5 minutes where trainee is coaching comfortably
• Always give feedback

TEACH/ PLAN

OBSERVE & EVALUATE
ToT SESSION CHECKLIST

Follows structure of session
• Check-in
• Coding
• Coaching, coach coding
• Closing the session

CDI COACH CODING
MEASURE OF COACHING SKILL ACQUISITION

LEVEL 1

• Therapist gives command to parent
• Line feeding

LEVEL 2

• Therapist labels parent verbalization
• Therapist praises parent

LEVEL 3

• Describes effect of parent on child
• Psychoeducation
• Interprets child behavior
• Generalization
COACH CODING

PDI COACH CODING
MEASURE OF COACHING SKILL ACQUISITION

LEVEL 1
- Therapist gives DIRECT commands to parent
- Therapist feeds lines as needed

LEVEL 2
- Therapist coaches thru PDI sequence correctly and calmly

LEVEL 3
- Therapist gives gentle corrections when needed

COACH CODING

PDI COACH CODING

Worried that you'll forget to do something really important??

INTRODUCING
WRAPPING UP

TOOLS TO SUPPORT OBJECTIVE EVALUATION

• Session checklists
• Coach coding
• Therapist competency checklist
• ToT competency checklist (what should you be doing?)

WRAPPING UP

Giving feedback, noting progress, planning

• ToT Session checklist & coding sheet
• Structuring feedback
• Progress note templates
• Competency checklists
• Planning
• Transparency

WRAPPING UP

TRAINING FIDELITY IN PCIT PRACTICE

PCIT LIKE FITNESS TRAINING

• Need to teach good habits (good organization, documentation)
• Need to teach the WHY, not just how
• Need to teach what can change, what can be tailored—when and why
• Need to teach not to be afraid of collecting outcome measures

QUESTIONS?

THANK YOU!

CONTACT US

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

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PCIT LinkedIn Group