

PDI Courage

When children are often defiant and often have disruptive behavior, adults like to avoid doing anything that might cause that behavior. This is why starting PDI takes courage.

Clinician Introduction of PDI Courage to Caregivers: You can say, *"We are about to start practicing behavior management skills. This can be hard on your child if he/she is not used to obeying. I have a few questions for us to talk about – they will help us prepare to teach your child to listen."*

Caregiver feelings about child behaviors:

- Child behaviors that the caregiver would like to avoid
- Child behaviors that hurt your feelings or are emotional triggers
- Fears of physical harm by child
- Confidence level in child listening to commands

Caregiver home environment:

- Any stressors that might make it hard to practice behavior management skills
- Family members that might derail therapy

Caregiver readiness:

- Understands that learning to mind is a process of skill acquisition
- Feelings of guilt
- Trust in the treatment program
- Fit with family culture

How to Prepare to be Courageous in PDI:

Caregiver Preparation: explore the above caregiver discussion questions and help the caregiver develop a PCIT consistent plan or strategy for managing challenges.

Child Preparation: Tell the child that you will be starting PDI and what that will be like. This can be done at check in/out. Explain to the child, *"playtime is going to be different now, mom/dad is going to be practicing giving you directions. That can be hard for kids so I wanted to tell you about it before we start. When you follow directions ____ and when you don't follow directions ____."* For younger children or those with less developed language the change in special playtime from CDI to PDI can be modeled (e.g. use of Mr. Bear).

PCIT Room Preparation: carefully select toys, limit the number of toys, and limit the furniture.

Family Preparation: You may include other caregivers who live in the home or who also participate in the child's parenting.

Home Preparation: Discuss the home set up with the caregiver. It may be helpful to sketch an outline of the home with the caregiver and think through where they would do timeout.

Prepare to Succeed: You can say... *"many families have learned PDI and have had a lot of success in getting their child to listen and have less tantrums. I am trained to coach parents to manage difficult child behaviors."* Take Courage, start PDI and plan to succeed.

Graduation Planning

Successfully completing CDI & PDI can sometimes feel unattainable. This is especially true when there are numerous factors affecting PCIT progress. Mapping out a plan for how to achieve the family's PCIT goals and graduate can help make the steps clearer and more manageable.

What is Graduation Planning? It's a goal-setting approach to help families in PCIT visualize the finish line. The strategies are designed to help the therapist and caregiver collaborate on a plan for completing PCIT.

Who is it for? Everybody!

- Caregivers feeling overwhelmed or hopeless about finishing PCIT.
- Caregivers who have a high no-show rate or who have trouble buying into PCIT.
- Caregivers who are motivated to graduate PCIT.

When should you start Graduation Planning?

- It's never too early to set a goal. You can start graduation planning in CDI.
- Whenever any of the above caregiver concerns are present.
- At the start of or during PDI.

Clinician Introduction of Graduation Planning: You can say, *"You've been working hard to learn and practice PCIT skills in the clinic and at home. You might be wondering how many more skills we have left and when you can expect to be done with coaching. I would like to talk to you about planning for your family's PCIT graduation."*

Strategies for Making Graduation Planning Work:

- Have the caregiver set a graduation date.
- Make a graduation certificate. Date the certificate and show the family.
- Map out remaining coaching sessions on a calendar. Use the UCD PDI coaching grid to outline the steps (see sample calendar).
- Contract for the finish line. You can describe your coaching commitment and the caregiver can outline theirs (e.g. do special play time at least 5x a week).
- Congratulate small successes (e.g. thanks for showing up on time).
- Generalize their small successes to bigger goals (e.g. you're really great at ____, I believe that you'll learn ____ too").
- Have fun planning the event together! Talk about special preparations for the graduation party (e.g. playing with a preferred toy, having a special snack, wearing a special outfit such as a princess crown or superhero outfit).
- Have caregiver make post-graduation plans (e.g. "when [child's name] and I graduate, we will do ____"). This can be something that they would not have been able to do prior to the child learning how to comply (e.g. go someplace in the community).
- Involve the child in graduation planning where possible.

Graduation Planning Calendar

Sample 3 Month Calendar (Mon. – Fri.)


September 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		PDI Teach		1.
4.	5.	6. PDI Courage & Graduation Planning	7.	8.
11.	12.	13. PDI #1: Intro & Practice Minding	14.	15
18.	19.	20. PDI #2: Giving Effective Commands	21.	22.
25.	26.	27. PDI #3: Commands & TO Practice	28	29.

October 2017

Monday	Tuesday	Wednesday	Thursday	Friday
2.	3.	4. PDI #4: Introduce House Rules	5.	6.
9.	10.	11. PDI #5: Introduce Public Behavior	12.	13.
16.	17.	18. PDI #6: Public Outing	19.	20.
23.	24.	25. PDI #7: Wrapping up	26.	27.
30.				

November 2017

Monday	Tuesday	Wednesday	Thursday	Friday
		1. PDI #7: Wrapping up	2.	3.
6.	7.	8. Graduation Party! 	9.	10.
13.	14.	15. Alternate Date: Graduation Party!	16.	17.
20.	21.	22.	23. Thanksgiving Day!	24.
27.	28.	29.	30.	