Harnessing Parent Strengths for PCIT Mastery

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Objectives
- Learn to help caregivers identify existing strengths to manage PCIT stuck-points (e.g., decreasing negativity/increasing PRIDE skills authentically, ability to ignore/active ignore)
- Facilitate caregiver-generated imagery and metaphors that are potent to help the caregiver remember and creatively employ new positive attitudes and behaviors
- Set-up behavioral experiments with caregivers designed with the goal to stay resilient and PCIT focused rather than resorting to old patterns
- Practice constructive therapy methods and interview practices including use of smiling and silence

Difficult Parent Cases?
Authoritarian Parenting Style

**TRIGGER**
1. Ignores me
2. Talks back
3. Tries to negotiate
4. Refuses to get ready for bed

**THE PROBLEMATIC ATTITUDE**
“I have to GET LOUD to get them to listen!”

**RESPONSE**
1. Repeat myself, then yell!
2. Argue back, threaten
3. Tries to Educate/Lecture
4. Lose it— and take “everything away”

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Permissive Parenting Style

**TRIGGERS**
1. Child yells
2. Child angrily throws a toy
3. Doesn’t get way and starts to cry
4. Tantrums when time for bed
5. Refuses to eat

**THE PROBLEMATIC ATTITUDE**
“To get them to stop I eventually just GIVE IN”

**RESPONSE**
1. Engages child
2. Asks why questions, avoids
3. Gives in, accommodates, promises next time
4. Pushes bed time, comforts
5. Offers new foods, accommodates

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Demonstration

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Check the responses to be sure all correspond
CassandraQ, 10/1/2018
Harnessing Parent Strengths

GOAL:

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Imagery & Metaphor

Behavioral Experiments

Testing out the **RECYCLED** strength during Special Playtime
Pick one?
Key Take-a-ways

References