Coaching in a Child’s Natural Environment

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18th Annual UC Davis PCIT Conference
October 17-18, 2018
OBJECTIVES

1. Understand the challenges and benefits of in home/in room coaching with PCIT and PC-Care

2. Learn about adaptations that can be made for in room coaching and when it may be appropriate

3. Hear about the effectiveness of in room coaching

4. Practice in room coaching
Let’s talk about in home & in room PCIT & PC-Care

How does it differ from traditional or in clinic?

Why would someone choose to do in home PCIT or PC-Care?

What do you think the benefits are?

What might the challenges be?
Benefits of In Home Coaching:

• Higher Attrition Rates

• Gain a more complete picture of child and family

• Better able to help generalize skills
Possible Challenges

• Environmental Distractions

• Coaching When Child Can Hear

• Swoop and Go and Time Out Limitations
What does the research show?

Is it even effective?

Timmer et al (2018)

Ware et al (2008)
In Home PC-Care: Completion Rate

- Completed: 58%
- Reunified/Moved: 16%
- Dropped: 26%

Mean trauma symptom severity scores pre- and post-PC-CARE, as measured by the Early Childhood Traumatic Stress Screener (N=28). F(1, 28)= 10.52, p=.003, $\eta^2= .28$, Power= .88

Results of the analysis showed a significant linear decrease in the intensity of behavior problems for treatment completers (N=19) from Session 1 to Session 6 (F(1, 18)=3.66, η²= .17, observed power= .91).

The change in parents’ observed use of positive parenting (PRIDE) skills significantly improved from pre-treatment to the final session ($F(1, 18)= 28.4, \eta^2= .63$, observed power= 1.0).
In Home PCIT: Behavior Problems

In Home PCIT: Child Compliance

In Home PCIT: Positive Parenting

What About...Creating a Space

• Work with Caregiver to Create
• Think Peace and Quiet
• Consistency is Key
• Be Flexible
What It Could Look Like
What It Could Look Like
What about...Coaching

• Less Level 1 Coaching, More Level 3 Coaching

• Careful Choice of Wording

• Discuss goals of session during check-in (if possible)

• Save General Feedback for Checkout
What It Could Look Like
What It Could Look Like
What about...Coding

• What if child attempts to engage with you?

• What if caregiver attempts to ask you a question?

• What if sibling is present?

• What if another family member intrudes?
What about...Toys

• Child’s Toys
  
  – Keeping with Natural Environment
  
  – May or may not be appropriate
  
  – May not have many (and may want to save those for Daily Care)

• Bringing Toys In
  
  – New and Exciting; may hold child’s attention more
  
  – Makes therapy time special
  
  – You take toys with you, what will child’s reaction be?
What about...Safety

• Consider Time of Appointment

• Buddy System

• Set Expectations, including confirmation of appointment, immediate notification of illness or infestations

• Be aware of your surroundings

• Questions to ask prior to first session
  – Parking situation
  – Gate Code
  – Who you can expect to be in the home
What about...
Community Locations

• Park
• School
• Shelters
• Multi-Family Home
What about...Protocol

Important to Follow!

So...

- PC-Care: Check-In, 10 minute didactics, 4 minute coding, 20 minutes of coaching, Check-Out

- PCIT: Check-In, 5 minute coding, 30 minutes of coaching, Check-Out, mastery is still met

- WACBs & Daily Care, including graphs

- DPICS toys
What about... Handouts

Be Prepared, Think Ahead!

- PC-Care: Didactic Handouts (weekly), WACBs, Daily Care
- PCIT: Didactic Handouts (CDI & PDI), WACBs, Daily Care
- Extras of Daily Care
- Keep copies of House Rules, Removal of Privileges, Time Out Sequence handy
- Don’t forget measures
What about... Time-Outs

- PLAN!
- Safety!
- Containment!
- Back up!
What to Remember

• Separate therapy from typical home activities

• Set expectations and routines

• Shadow File

• Be Professional
  – Arrive on time and be prepared
  – Appropriate Attire
Role Play: Let’s Try It Out

Triads: Child, Caregiver, Clinician

Try various seating arrangements

- Sitting Behind
- Sitting Next To
- Sitting In Between
- Child/Caregiver, feel free to move around
- Try with equipment
Role Play: Let’s Try It Out

Discussion

- What seating arrangement did you like best/find easiest?

- Equipment or no equipment, what did you like more?

- What did you like about the coaching?

- What was difficult?

- Any tips you picked up or other things you noticed?
WRAP UP &

QUESTIONS
Resources


CONTACT US

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