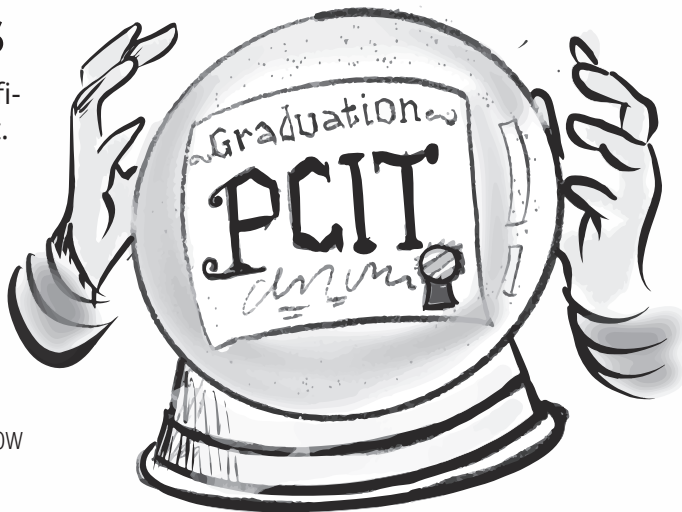# 4 Ways to Help Parents Believe in Themselves

Predict Success

Lend hope and confidence to the parent. Let them know that you believe in them and think they will succeed.

> " I'm feeling really positive about how this will turn out.

Help Parents Feel Like Change Agents

Aim to foster the belief "I've got this." Clients report being more hopeful when their therapist helps them feel capable.[14]

> " Mom, I can tell you are going to nail this!

Describe PCIT as **Giving** Rather Than **Fixing**

Frame PCIT as a program that equips parents with specialized tools rather than a program that fixes parenting.[15]

> " I'm going to teach you some more tricks to make things easier.

Praise **Strengths** & Validate **Challenges**

Show understanding for strains and stresses, and give credit. Pointing out strengths, particularly commitment and courage to seek services, can help parents feel they are doing some things right.

> " I know things are tough, and I really admire your commitment.

TIP

Explain How DPICS Helps

▸ The DPICS observation can feel like a parenting evaluation.

▸ Explain it as something that helps us help the parent.

> " It lets me see the things she struggles with, the things you're already doing well, and the things I can help you with.
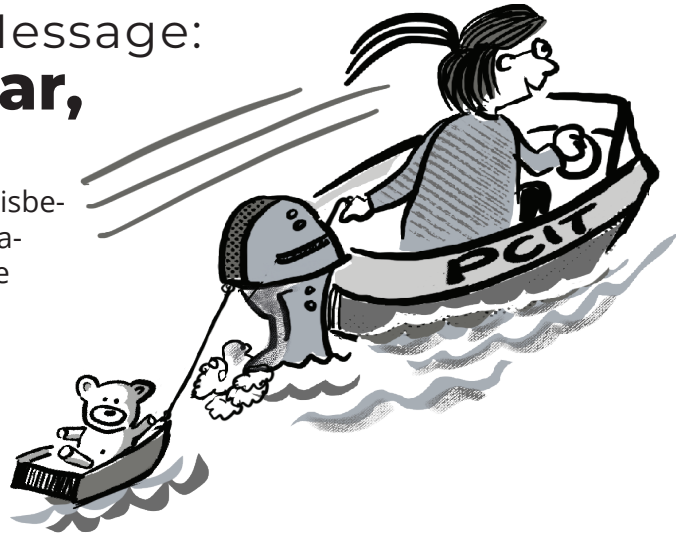
5

4 Ways to Help Parents Believe in You

Send the Message: Don't Fear, I'm Here

Communicate that misbehaviors are PCIT therapist's specialty. You've seen this before and you've got a plan.[15]

> My kind of kid!

Rely on the Basics

Training in PCIT can be tricky. No matter what, empathy, understanding, and positive regard go a long way. Clients have higher expectations and hope when their therapist shows empathy and an effort to understand them.[16]
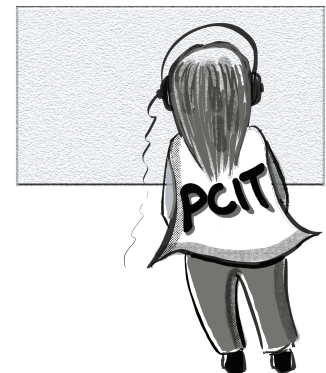
Show You Are a Dedicated Co-pilot

> I am with you every step of the way.

Demonstrate your commitment and desire to help families along their journey. Clients report being more hopeful when they feel their therapist is invested and engaged.[14]

Believe in Yourself

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Illustrations by Gary P. Handman
Huge thanks to Marta M. Shinn, Ph.D., Lindsay A. Forte, M.S., Susan G. Timmer, Ph.D., and Dawn M. Blacker, Ph.D.

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