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Parent-Child Interaction Techniques and Traumatized Children

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Recommended Citation

Boer, Tara, "Parent-Child Interaction Techniques and Traumatized Children" (2016). *Faculty Work: Comprehensive List*. 629.
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Parent-Child Interaction Techniques and Traumatized Children

Keywords

parent-child interaction therapy, psychic trauma in children, commands, emotions

Disciplines

Family, Life Course, and Society

Comments

Presented at the North American Association for Christians in Social Work conference in Cincinnati, Ohio, November 2016.



Parent-Child Interaction Techniques (PCIT) and Traumatized Children

CONNECTION

Child Directed Interactions (CDI) through Play

- **Praise:** “I like how you listened the first time.”
- **Reflect:** (repeat or paraphrase what the child says)
- **Imitate:** Do what they are doing
- **Describe** “Now you’re putting the puzzle together.”
- **Enjoy** (smile, be excited and genuine)

McNeal, C., & Hembree-Kigin, T. (2011). Parent-child interaction therapy. New York: Springer.

The Connected Child

- Healthy Touch & Nurturing
- Sensory Rich
- Practice-Re-Do’s
- Emotional Presence
- Promoting “felt safety.”

Purvis, K., Cross, D., & Sunshine, W. (2007). The connected child. New York: McGraw Hill.

CORRECTION

Commands (Parent-Directed Interactions)

1. **Respectful:** say “please”
2. **Direct:** No questions, or “how about” or “can you”
3. **Specific:** Break it down to avoid overwhelming them
4. **Give reason before command:** avoid the “why”
5. **Check yourself:** your tone, your body language, emotions

Ex. *I am doing laundry, please pick up your dirty clothes off of your bedroom floor.*

***All compliance must receive a labeled praise!!!**

Non-Compliance: Use the “Whole Brain Approach”

1. **Why might my child be acting this way?** (hunger, thirst, tired, jealous, hurt)
2. **What do I want to teach them** (empathy, responsibility, respect)
3. **How can I teach them this?** (service, apology, chores, hugs, practicing regulation skills, practice the behavior again, etc)

Seigel, D. & Payen Bryson, T. (2014). No-drama discipline. New York: Bantam Books.

WHAT ABOUT TIME-OUTS?

- Time-outs can activate the amygdala and cause a traumatized child to feel fearful and ultimately disconnected from caregivers
- Most traumatized children aren’t able to regulate on their own thus time-ins (sitting with them until they are calm) and re-do’s are typically more effective
- Time-outs (if done with the PCIT Model) tend to be more effective with securely attached and non-traumatized children.