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Parent-Child Interaction Techniques and Traumatized Children

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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

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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.