Parent-Child Interaction Techniques and Traumatized Children

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Parent-Child Interaction Techniques and Traumatized Children

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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)


**The Connected Child**

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


#### 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, tried, 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)


#### 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.

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