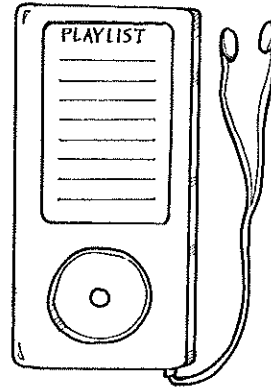


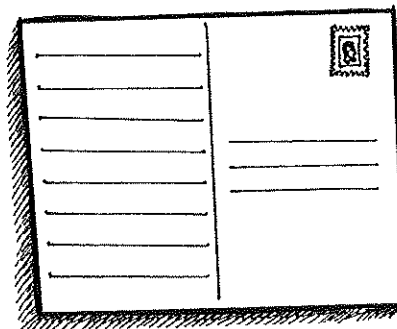
Chillin' with my iPod

List three songs that help
you feel happy.

List three songs that help
you feel calm.



Picture Perfect Postcard



SOOTHE!!!

S-soft tone of voice

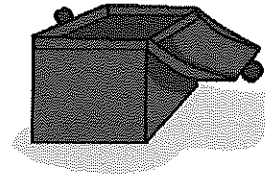
O-organize

O-offer

T-touch

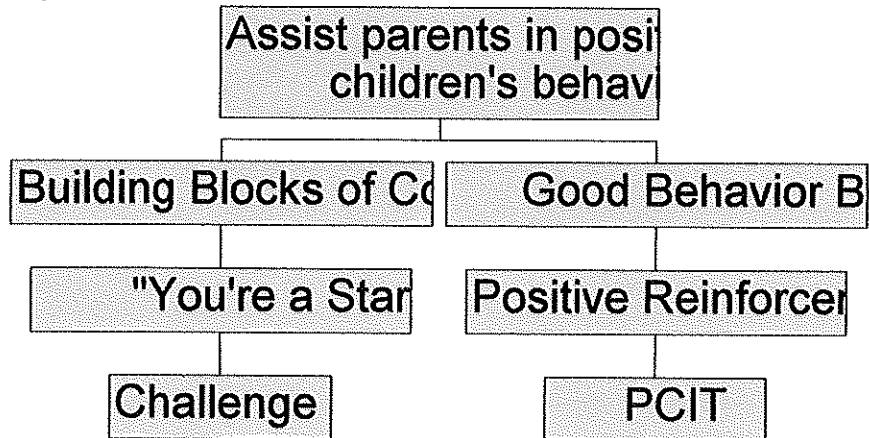
H-hear

E-end



-Ashford, Goodyear-Brown, & van Eys, copyright 2007

Action Step/ Interventions



Parent-Child Interaction Therapy (PCIT)

- PCIT was originally designed and studied for caregivers and children (aged 2-7) with non-compliance, oppositionality, and externalizing behavioral problems. (Dr. Sheila Eyberg of the University of Florida ; late 1970s).
- Eyberg's PCIT protocol integrates behavioral therapy, play therapy, family systems, and social learning theory.



PCIT Goals

- Increase positive parent-child relationship
- Decrease behavior problems
- Increase positive parenting skills
- Decrease parenting stress



PCIT : What Is IT?

- PCIT Is:
 - Evidence based; manualized
 - Highly specific; step by step approach
 - Live-coached sessions with caregiver(s)/child dyads
 - Skill-based learning through interacting in specific play with child
 - Didactic sessions to introduce skills
 - Specifically measured with pre-post treatment measures

PCIT

- The key to PCIT is direct coaching of parents in selective positive attention, strategic ignoring, and discipline
- Parenting classes do not change the behavior of caretakers
- **Coached and supported skill building does change the behavior of caretakers**
- Research shows that PCIT is far more effective than informational or supportive parent or caretaker training

PCIT sessions include two major stages:

- Relationship enhancement or Child Directed Interaction (CDI)
- Child behavior management or Parent Directed Interaction (PDI)

PCIT-How do the 2 stages work?

- To change children's behavior and enhance the parent-child relationship, caregivers are taught positive parenting strategies; they give all their attention to positive behaviors, and ignore all but clearly dangerous negative behaviors **(CDI)**



- In order to improve children's compliance, caregivers are taught to give clear directions, consistently reward compliance with praise, and use time-outs for noncompliance **(PDI)**

CDI introduces the PRIDE skills:

P=praise

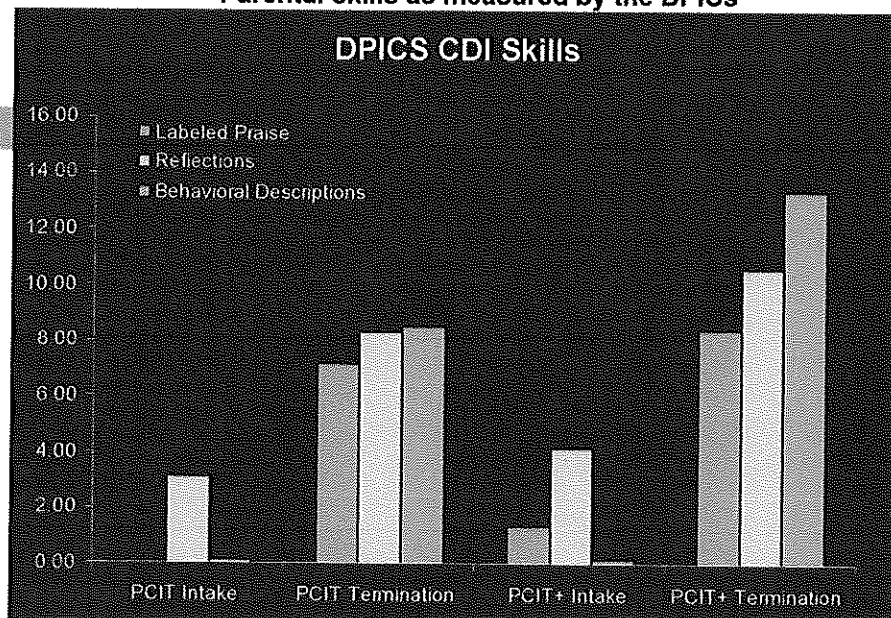
R=reflection

I=imitation

D=description

E=enthusiasm

Parental skills as measured by the DPICs

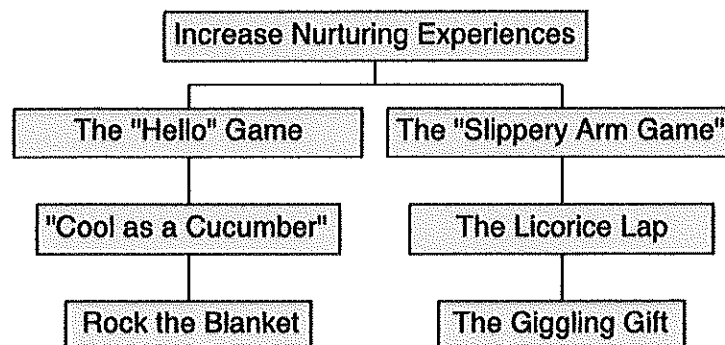


PDI teaches giving good commands...

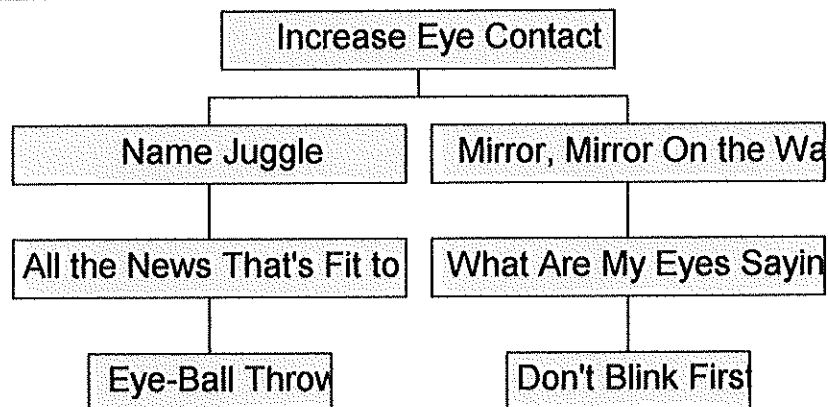
- Be direct
- Be specific
- One at a time
- Positively Stated
- Age Appropriate
- Polite
- Neutral
- Limit explanations
- Give choices
- Chose battles wisely
- Always provide a consequence

...and a time-out procedure.

Treatment Goal/ Intervention



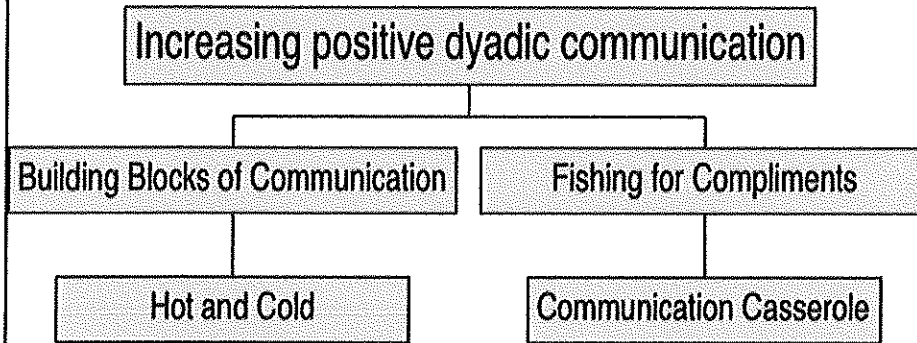
Treatment Goal/ Intervention



All the News That's Fit to Tell

- How are you feeling today?
- What's helping you feel that way?
- What's one goal that you're going to work on today?
- (Optional) How are you going to work on that goal?
- What's one thing you like about yourself?
 - Interviewer: "Thank you for sharing."
 - Interviewee: "Thank you for listening."

Treatment Goal/ Intervention



Action Step/ Interventions

Assist clients in learning and practicing appropriate physical and verbal boundaries

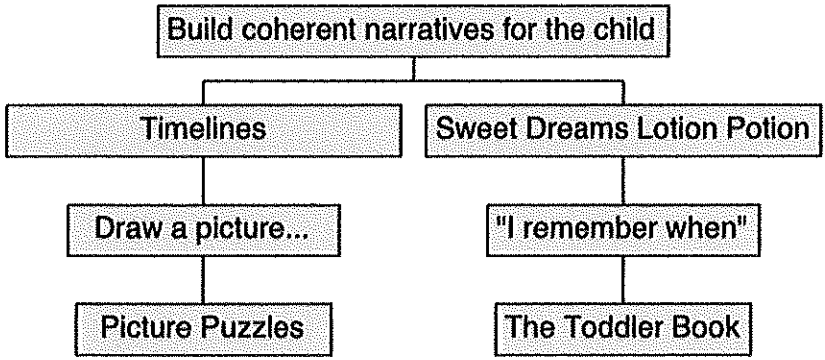
The Twizzler Test

Hoola Hoop Hop

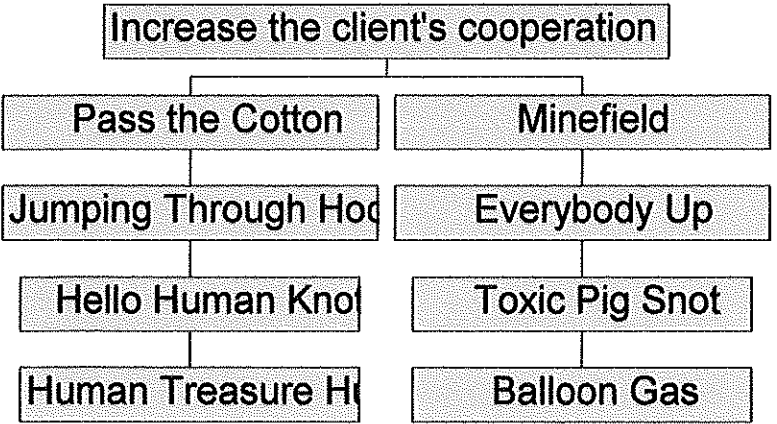
"Arm's Length"

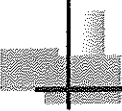
Blow the Whistle on 'Em

Treatment Goal/ Intervention



Action Step/ Interventions





I have to remember to tell
the negative committee that
meets in my head to sit
down and shut up.

-Kathy Kendall



Action Step/ Interventions

Assist client in practicing positive
self-statements

The "Good-At" Game

The "I Can" Mobile

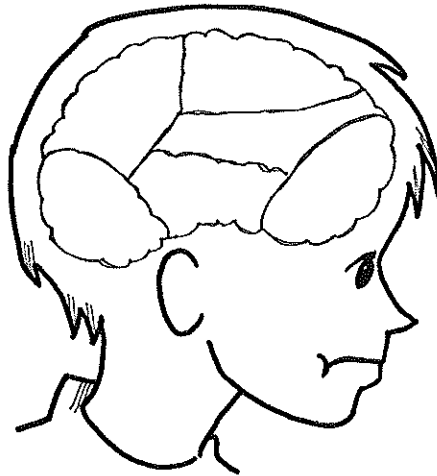
Magnify the Feel Goods

Repairing Self-Esteem

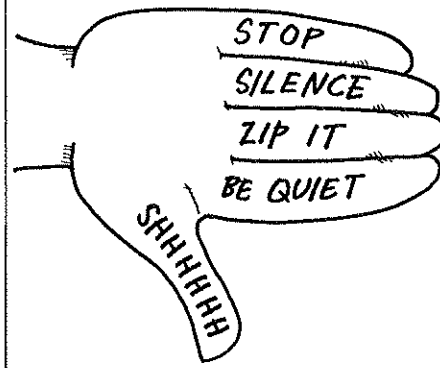
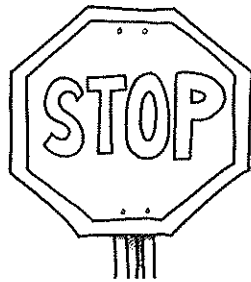
Turning Over a New Leaf

Positive Spin

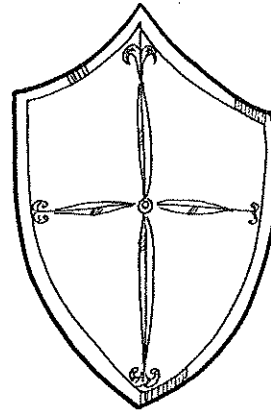
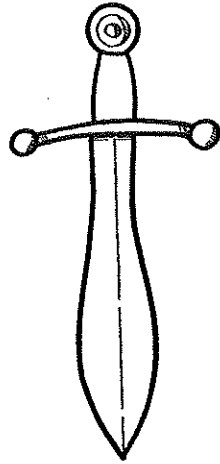
Identify Dysregulated Thoughts



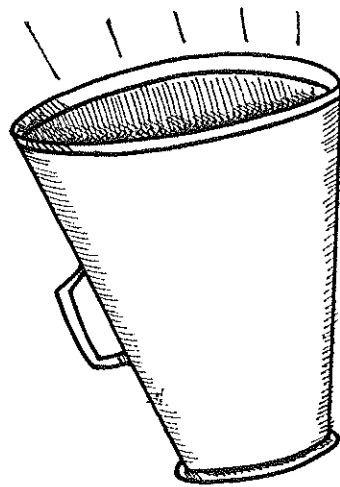
Thought Stopping



Crafting Boss Back Talk



Crafting Boss Back Talk



Skill sets in which we see problems of dysregulation:



- Overall coping abilities
- Emotional literacy
- Impulse Control
- Attention
- Anger management
- Stress/anxiety management
- Social relatedness
- Attunement
- Narrative building
- Cognitive processing
- Self-esteem

Any Questions????

Paris Goodyear Brown, LCSW, RPT-S
provides supervision, consultation and
training.

Check out Paris's website:

www.parisandme.com

e-mail Paris at paris@parisandme.com

or contact by telephone at 615-397-9480.



Helping the Wild Child: Creative Play Therapy Interventions for Problems of Dysregulation

Paris Goodyear-Brown, LCSW, RPT-S

Licensed Clinical Social Worker

Registered Play Therapist-Supervisor

www.parisandme.com

E-mail: paris@parisandme.com

615-397-9480