

PCIT

How to Create Great Labeled Praises

WAYS TO PRAISE IT . . .

That's a great way to . . .
You're doing a nice job of . . .
I like it when you . . .
It's neat that you remembered to . . .
What a wonderful idea to . . .
Thank you for . . .
Nice job of . . .
How sweet of you to . . .
You should be proud of yourself for . . .
I'm proud of you for . . .
You are so smart to . . .
I'm so happy with you for
Super . . .
You're so polite to . . .
Good . . .
I like it when you . . .
Good girl for . . .
It's nice that you are . . .
It's so cool that you're . . .
I love you . . .

PRAISABLE BEHAVIORS . . .

play gently with the toys
using your indoor voice
share the blocks
put away the cars first
draw a picture for sister
asking politely
sitting still
make one for me too
minding so quickly
keeping on trying
fix it all by yourself
doing what I asked you
manners!
say thank-you
listening!
talk like a 6-year-old
waiting your turn
sitting at the table with me
putting the cows to bed on time
Always!

CDI Skills

DO'S	REASONS	EXAMPLES
<p>PRAISE</p> <p>Labeled Praises tell your child exactly what you like</p>	<ul style="list-style-type: none"> Increases the behavior that is praised Shows approval Improves child's self-esteem Makes child feel good 	<ul style="list-style-type: none"> Good job with that tower You drew a pretty tree Nice drawing Thank you for sharing I like how gently you're putting the crayons away
<p>REFLECT</p> <p>Reflections repeat or paraphrase what your child says</p>	<ul style="list-style-type: none"> Lets child lead the conversation Shows interest Demonstrates acceptance and understanding Improves child's speech Increases verbal communication 	<ul style="list-style-type: none"> Child: I drew a tree Parent: Yes, you made a tree Child: Doggy has a black nose Parent: The dog's nose is black Child: I like to play with blocks Parent: You're having fun with the blocks
<p>IMITATE</p> <p>Imitation copies what your child is doing with the toys</p>	<ul style="list-style-type: none"> Lets your child lead. Shows child you approve of his/her game Makes the game fun for your child Increases the child's imitation of the things that you do Teaches your child how to play with others and take turns 	<ul style="list-style-type: none"> Child: I put a nose on the potato head Parent: I'm putting a nose on Mr. Potato Head too Child: (drawing circles on a piece of paper) Parent: I'm drawing circles on my paper just like you
<p>DESCRIBE</p> <p>Behavior Descriptions say what your child is doing</p>	<ul style="list-style-type: none"> Lets child lead the play Shows interest Teaches concepts Models good speech and vocabulary Holds child's attention on the task Organizes child's thoughts about the activity 	<ul style="list-style-type: none"> You're making a tower You drew a square You are dressing Mr. Potato Head You put the girl inside the fire truck
<p>ENJOY</p> <p>Enjoyment means that you act happy and warm when you play with your child</p>	<ul style="list-style-type: none"> Lets your child know that you are enjoying the time you are spending together Adds to the warmth of the play Increases closeness between you and your child 	<ul style="list-style-type: none"> Child: (carefully placing a blue Lego on a tower) Parent: (gently touching the child's back) You are REALLY being gentle with the toys

CDI Skills (continued)		
DON'TS	REASONS	EXAMPLES
<p>COMMANDS Commands tell your child to do something</p>	<ul style="list-style-type: none"> • Takes the lead away from child • Can cause conflict 	<p><u>Indirect Commands:</u></p> <ul style="list-style-type: none"> • Let's play with the farm next • Can you tell me what animal this is? <p><u>Direct Commands:</u></p> <ul style="list-style-type: none"> • Give me the pigs • Please sit down next to me • Look at this
<p>QUESTIONS Questions call for your child to give an answer</p>	<ul style="list-style-type: none"> • Leads the conversation. • Many questions are commands and require an answer. • May seem like you aren't listening or that you disagree 	<ul style="list-style-type: none"> • We're building a tower, aren't we? • What sound does the cow make? • It's a what? • Do you want to play with the train? • You're drawing it red?
<p>CRITICISM and SARCASM Criticism and sarcasm express disapproval of your child</p>	<ul style="list-style-type: none"> • Gives attention to negative behavior • Lowers your child's self-esteem • Causes angry feelings between you and your child • Teaches your child negative social behavior 	<ul style="list-style-type: none"> • That wasn't very smart • I don't like your attitude • Don't color the sky pink • Stop it • Your tower isn't straight enough • No sweetie, that's not where it goes • Can you do anything right?
HANDLING PROBLEMS	REASON	EXAMPLES
<p>IGNORE MINOR MISBEHAVIOR Ignoring means:</p> <ul style="list-style-type: none"> • Look away • Show no expression • Say nothing to child <p>Catch first positive child behavior</p>	<ul style="list-style-type: none"> • Helps your child to notice the difference between your responses to positive and negative behavior • Although the ignored behavior may get worse at first, <u>consistent</u> ignoring reduces attention-seeking behavior 	<ul style="list-style-type: none"> • Child: (coloring carefully) My picture's better than your ugly picture Parent: (ignores rude talk) I like how carefully you're coloring • Child: (crashing into parent's tower with toy plane) I crashed yours Parent: (looks away) My plane flies in circles • Child: My plane goes high Parent: (facing child) Your plane flies really high
<p>STOP THE PLAY for aggressive and destructive behavior</p>	<ul style="list-style-type: none"> • Aggressive and destructive behaviors cannot be ignored because they can be dangerous 	<ul style="list-style-type: none"> • Child: (hits parent). Parent: (gathering toys) Special time is over because you hit me. Child: Oh, oh, oh Mom. I'm sorry Please, I'll be good Parent: Special time is over today. We will play again tomorrow

Parent-Child Interaction Therapy (PCIT)

Citizens Review Board –

Webinar June 12th, 2020

Alejandra Moreno, LPC

Helpful Websites

PCIT International www.pcit.org

PCIT-Toddlers <http://www.pcit-toddlers.org/>

Family First Prevention Services Act <https://campaignforchildren.org/resources/fact-sheet/fact-sheet-family-first-prevention-services-act/>

The Kauffman Best Practices Project

<https://depts.washington.edu/hcsats/PDF/kauffmanfinal.pdf>

National Child Traumatic Stress Network <https://www.nctsn.org/>

Child Welfare Information Gateway <https://www.childwelfare.gov/>

Other helpful websites

Zero to Three <https://www.zerotothree.org/>

Center on the Developing Child <https://developingchild.harvard.edu/>

Oregon Parent Child Interaction Therapy Programs 2020

Parent Child Interaction Therapy (PCIT) is a therapeutic intervention intended for children ages 2 through 6 years, and their parents. It is nationally recognized as one of the most effective treatments for young children experiencing significant social, emotional, or behavioral problems. 85% of Oregon families who participate in 4 or more PCIT therapy sessions demonstrate improvement in child behavior, positive communication and positive parenting skills. The average lengthen of treatment is 16 sessions, though PCIT is not time-limited.

In PCIT, caregivers are taught specific skills to establish or strengthen a nurturing and secure relationship with their child, while encouraging pro-social behavior and decreasing maladaptive behavior. Ideally, during coaching sessions, the therapist observes the interaction from behind a one-way mirror and provides guidance to the parent through a wireless communication system.

PCIT services may be reimbursed by Medicaid or Commercial Insurance.

Location(s)	Call for appointment	Agency
Albany -2730 Pacific Blvd. SE	(541) 967-3866	Linn Health Services, Willamette Health Center
Astoria - 2120 Exchange St. Suite 301 Also, at the Dept. of Human Services	(503) 325-5722	Clatsop Behavioral Healthcare
Beaverton 1500 NW Bethany Blvd. Suite 320	503-567-3260	Western Psychological Services
Beaverton	(503) 640-4222	Youth Contact
Beaverton -14025 SW Farmington Rd, Ste 160	(503) 256-4381	Morrison Child and Family Services
Beaverton -8285 SW Nimbus Ave, Suite 148	(503) 352-3260	Options Counseling and Family Services
Bend -1375 NW Kingston	(541) 322-7500	Deschutes County Behavioral Health, KIDS Center -
Bend -2577 NE Courtney Dr.	(541) 322-7500	Deschutes County Behavioral Health
Canby 113 N. Elm Street	(503)263-8903	Neurotherapeutic Pediatrics
Coos Bay -281 LaClair St.	(541) 266-6700	Coos Health and Wellness
Elgin - 570 N. 8 th Ave.	(541) 962-8800	Center for Human Development
Eugene 1170 Pearl Street	(541) 743-4340	Oregon Community Programs
Eugene -1255 Pearl Street, Ste 102	(541) 687-6983	Options Counseling and Family Services
Eugene 1200 Hilyard St. Suite 420	(458) 205-7000	PeaceHealth Child and Family Behavioral Health Services
Florence - 1445 8th Street	(541) 997-6261	Options Counseling and Family Services
Gladstone - 18907 Portland Ave	(503) 645-9010 or 1-888-645-1666	Lifeworks NW
Grants Pass -1181 Ramsey Ave	(541) 476-2373	Options for Southern Oregon

Gresham- 912 NE Kelly Ave, Suite 200	503) 258-4600	Morrison Child and Family Services
Hillsboro- 1340 East Main Street	(503) 645-9010 or 1-888-645-1666	Lifeworks NW
Hillsboro- 447 SE Baseline St.	(503) 640-4222	Youth Contact
Hood River- 1610 Woods Court	(541) 296-5452	Mid-Columbia Center for Living
Klamath Falls- 2210 Eldorado Avenue	(541) 883-1030	Klamath County Child and Family Treatment Center
Klamath Falls- 3206 Onyx	541-883-3471	Lutheran Community Services NW
La Grande- 2301 Cove Ave.	(541) 962-8800	Center for Human Development
Lakeview- 100 North D Street	(541) 947-6021 ext 3	Lake District Family Center
La Pine- 51633 Coach Rd.	(541) 322-7500	Deschutes County Behavioral Health, La Pine Community Campus
Lebanon- 1600 S. Main St.	(541) 451-5932	Linn Health Services
McMinnville- 420 NE 5th St.	(503) 434-7462	Yamhill Family and Youth Programs
Medford- 140 S. Holly St.	(541)774-8201	Jackson County Mental Health
Medford- 212 N Oakdale Ave.	541-779-5242	Family Nurturing Center (Relief Nursery)
Medford- 3156 State St.	(541) 476-2373	Options of Southern Oregon
Newburg- 2251 E. Hancock	(503) 434-7462	Yamhill Family and Youth Programs
Newport- 36 SW Nye Street	(541) 265-4179	Lincoln County Behavioral Health
Ontario- 702 Sunset Drive	(541) 889-9167	Lifeways
Oregon City - 998 Library Court	(503) 655-8401	Clackamas County Behavioral Health, Hilltop Clinic
Oregon City- 615 High Street	503-657-8903	Neurotherapeutic Pediatrics
Pendleton	(541) 215-1017	Pioneer Relief Nursery
Portland - 10373 NE Hancock St., Suite 200 (Just east of 102nd)	503-674-7777	Cascadia Behavioral Health, Woodland Park Center
Portland- 3036 NE Martin Luther King, Jr. Blvd., Portland, OR 97201	503-674-7777	Cascadia Behavioral Health, Garlington Health Center
Portland - 14600 NW Cornell Road	(503) 645-9010 or 1-888-645-1666	Lifeworks NW
Portland- 3655 NE Garfield	(503) 645-9010 or 1-888-645-1666	Lifeworks NW, Project Network (Adult recovery center)
Portland - 3716 NE MLK Blvd	(503) 645-9010 or 1-888-645-1666	Lifeworks NW, King site
Portland, 1500 NE Irving Suite 250	(503) 256-4381	Morrison Child and Family Services
Portland- Rockwood- 17214 SE Division Street	(503) 645-9010 or 1-888-645-1666	Lifeworks NW

Portland 10130 NE Skidmore	(503) 257-3878	Neurotherapeutic Pediatrics
Redmond - 1314 SW Kalama	(541) 322-7500	Deschutes County Behavioral Health, Lynch Elementary SBHC
Redmond - 406 W. Antler	(541) 322-7500	Deschutes County Behavioral Health, Redmond Clinic
Roseburg - 548 SE Jackson St.	(541) 440-3532	Compass Roseburg - Youth & Family
Roseburg - 300 Jerry's Drive	(541) 673-4354	Family Development Center (Relief Nursery)
Roseburg -283 SE Fowler Street, Suite 2	(541) 464-6455	Options Counseling and Family Services
Salem - 3737 Portland Rd. NE	(503) 390-2600	Catholic Community Services
Salem - 2421 Lancaster Drive NE.	(503) 588-5352	Marion County Child Behavioral Health
Salem -2645 Portland Road NE, Suite 120	(503) 390-5637	Options Counseling and Family Services
Salem (West) -1520 Plaza St., NW, Suite 150	(503) 585-3012	Polk County Behavioral Health
Sandy -38872 Proctor Blvd	(503) 722-6950	Clackamas County Behavioral Health, Sandy Clinic
Sisters - 1680 W. McKinney Butte Rd	(541) 322-7500	Deschutes County Behavioral Health, Sisters SBHC
Springfield -175 West B St., Bldg. D	(541)762-1971	Options Counseling and Family Services
Stayton - 112 E. Burnett St.	(503) 509-5275	Crossing Bridges Counseling Center
Sweet Home	541-367-3888	Linn Health Services
The Dalles -207 West 3rd Street	(541) 296-2731	Mid-Columbia Center for Living
Tillamook - 906 Main Ave.	503) 842-8201	Tillamook Family Counseling Center
Tigard - 8770 SW Scoffins Street	(503) 645-9010 or 1-888-645-1666	Lifeworks NW
Wilsonville - 27501 SW 95th Ave Suite 960	(503) 855-3223	Neurotherapeutic Pediatrics
Woodburn - 976 N Pacific Highway	(503) 981-5851	Marion County Child Behavioral Health
Woodburn -1320 Meridian Drive	503-498-5476	Options Counseling and Family Services

Also, check the following websites:

PCIT International Certified Therapist List- <http://www.pcit.org/united-states.html>

***UC Davis PCIT Provider List**- <https://pcit.ucdavis.edu/find-a-provider/united-states/state/oregon/> **UC Davis is not responsible for verifying the training of PCIT therapists that were not trained by the UC Davis PCIT Training Center.*