



SEPTEMBER 14, 2021 -- 12-1:15PM

# INTENSIVE FAMILY COACHING: ADULT DIRECTED INTERACTION

*Intensive Family Coaching Project  
Lunch n' Learn Sessions*



You may remember that the first phase of Intensive Family Coaching (IFC) focuses on Child-Directed Interactions (CDI), where parents follow their child's lead and practice their PRIDE skills (Praise, Reflect, Imitate, Describe, Enthusiasm). Once proficiency is reached in these areas, the family moves on to the second phase of IFC: Adult-Directed Interactions (ADI). In this phase, caregivers are taught skills related to limit-setting, consistency, and follow-through. While the CDI phase focuses on strengthening the child-caregiver relationship, the PDI phase concentrates on changing ineffective interaction patterns (Parent-Child Interaction Therapy: A Primer for Child Welfare Professionals; Parent Child Interaction Therapy | PCIT Training ([pcit-training.com](http://pcit-training.com); Early Childhood Wellness in BHRS: Intensive Family Coaching ([rcpaconference.org](http://rcpaconference.org))).



***Stronger Collaboration with Intensive Family Coaching: A Pilot Project***

*A joint project with:*

*University of Pittsburgh, School of Social Work*

*Wesley Family Services*

*Allegheny County Office of Children, Youth, and Families*

*Pick a resource or two from the list below to learn more about the Adult-Directed Interaction phase of Intensive Family Coaching.*

**Guidelines for effective commands in Parent-Directed Interaction (PDI)  
(IoWA-PCIT)**

<https://tinyurl.com/x5zz6nac>



**Go right ahead! Be a broken record  
(joywellcounseling.org)**

<https://tinyurl.com/tcmutb7k>

**The power of the Parent Directed Interaction (PDI) phase in PCIT  
(PCIT-Training.com)**

<https://tinyurl.com/e43cbndk>

**8 rules of effective commands  
(pcit-toddlers.org)**

<https://tinyurl.com/7hdjay2c>



**PCIT: Alternatives to giving direct commands  
(Kurtz Psychology)**

<https://tinyurl.com/2e4fv6z6>

