

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

INTENSIVE FAMILY COACHING: PARENT DIRECTED INTERACTION

*Intensive Family Coaching Project
Lunch n' Learn Sessions*



You may remember that the first phase of Intensive Family Coaching (IFC) consists of 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: Parent Directed Interactions (PDI). In this phase, caregivers are taught specific behavior management techniques, including how to give clear instructions, as well as how to talk about and enforce consequences for non-compliance. While the CDI phase focuses on strengthening the child-caregiver relationship, the PDI phase focuses on changing ineffective interaction patterns (Parent-Child Interaction Therapy: A Primer for Child Welfare Professionals; Parent Child Interaction Therapy | PCIT Training (pcit-training.com)).

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 Parent Directed Interaction phase of Intensive Family Coaching.

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

<https://tinyurl.com/x5zz6nac>



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

<https://tinyurl.com/e43cbndk>

**Truths about time-out
(pcit.org)**

<https://tinyurl.com/5jzy6w>

**Overview of PDI: Why the PCIT time out process works
(pcit.org)**

<https://tinyurl.com/xpet8af2>



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

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

