

## Parent Training for Explosive Behaviors: What to do when you can't do PCIT

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Program for ADHD & Disruptive Behavior

## Evidence-based treatments for DBD's

### Parent training models:

- Parent-child Interaction Therapy (PCIT)
- Helping the Non-compliant Child (HNC)
- Parent Management Training (PMT)
- Parent Management Training- Oregon Model (PMT-O)
- Triple P
- Incredible Years

### Child Focused Models:

- Anger Control Training
- Problem-solving Skills Training

## Parent Training models: Similar Principles...Different Techniques

- Improve parent-child relationship
- Increase attention to positive behavior
- Improve quality of praising
- Ignore minor misbehaviors
- Increase effective commands
- Consequences for non-compliance
- Consequences for non-ignorable negative behaviors

## Parent Training models: Similar Principles...Different Techniques

Mechanism	PCIT	HNC	PMT	Defiant Children	Incredible Years
Special Time	X	X		X	X
Training	X	X	X	X	X
Token Economy			X	X	X
Differential Attention	X	X	X	X	X
Time out	X	X	X	X	X
Effective Commands	X	X	X	X	X
Loss of Privileges			X	X	X
Response cost				X	
Public Behavior	X	X		X	
Positive Punishment			X		
Compromising					X
School Behavior			X	X	

## Parent Training models: Similar Principles...Different Techniques

Teaching Method	PCIT	HNC	PMT	Defiant Children	Incredible Years
Live Coaching	X	X			
Didactic teaching	X	X	X	X	X
Role playing	X	X	X	X	X
Modeling	X	X	X	X	X
Vignettes			X		X

*Live coaching is the most effective way of learning and mastering parenting skills*

## When is PCIT NOT indicated?

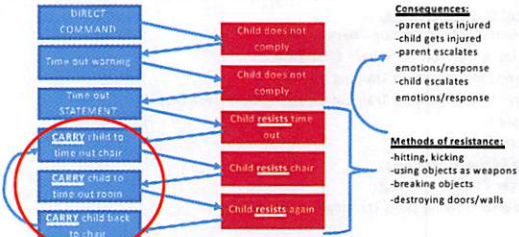
Children who are:

- 7 years or older
- **Explosively aggressive**
- Bigger than normal in size

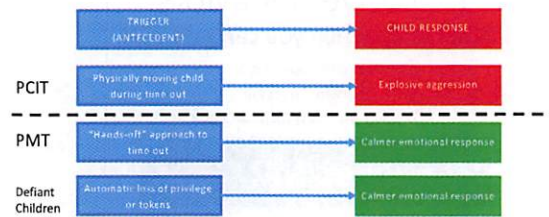


## Why won't manualized PCIT work for extreme situations?

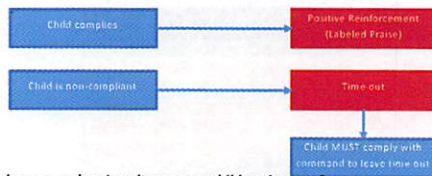
PCIT- Parent-directed interaction sequence:



## What should we do instead of PCIT?



## How PCIT PDI strategies work?



**What happens when I can't carry my child to time out?**

-How do I get child to walk to time out on their own?

-What if they refuse time out?

-What do I do to increase compliance?

## How PMT works for explosive children

Mechanism	PCIT	PMT
Special Time	X	
Praising	X	X
Token Economy		X
Differential Attention	X	X
Time out	X	X
Effective Commands	X	X
Loss of Privileges		X
Response cost		
Public Behavior	X	
Positive Punishment		X
Compromising		
School Behavior		X

## How PMT works for explosive children

**Crucial PMT components that make "hands-off" time outs work**

- Effective Commands: Positive opposites & Prompts
- Positive Reinforcements: Point Incentive Chart & Praise
- Time outs
- Attending & Ignoring
- Reprimands



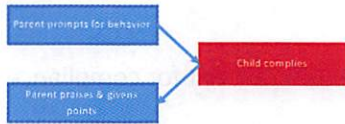
## Effective Commands





### Point Incentive Chart Role Plays- Immediate Compliance

Modeling skill:



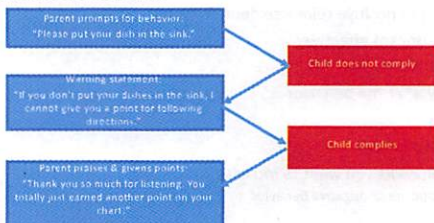
### Point Incentive Chart Role Plays- Immediate Compliance

Parent role plays skill:



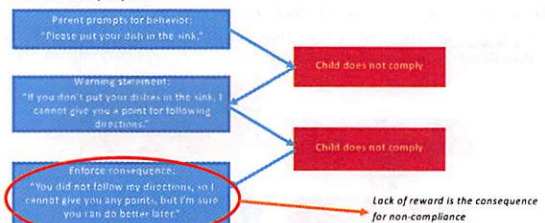
### Point Incentive Chart Role Plays- Initial Non-Compliance

Parent role plays skill:



### Point Incentive Chart Role Plays- Complete Non-Compliance

Parent role plays skill:



### Time Outs

### Time out

#### Guidelines for Effective Punishment:

- Used for physical, verbal, and property aggression
- Remain calm
- Use time out as soon as you see the behavior
- If child does not go to time out, remove a privilege
- Do NOT take privileges away for long period of time
- Immediacy and consistency > severity

MUST FREQUENTLY PRAISE  
POSITIVE OPPOSITES!!

## Time out

### Time out Rules:

1. Be sure to observe the behavior you want to decrease
  1. Make sure it is operationally defined
  2. Be in position to observe the behavior directly
2. Put time out in non-stimulating, boring location
3. Stay calm
4. Role play time out procedure with child in advance
5. Use time out as soon as you see the behavior
6. Don't threaten or warn; just go immediately to time out
7. No debating, arguing, lecturing- tell child what they did is wrong and enforce time out
8. If child is compliant with going to time out, give praise
9. If child will not go to time out, offer choice between time out and loss of privilege
10. Let child know that time out starts when they are quiet in the time out area
11. If child refuses time out, take away a privilege
12. If something gets destroyed during time out, the child must fix it/clean it up
13. Praise child for sitting through time out

MUST FREQUENTLY PRAISE  
POSITIVE OPPOSITES!!

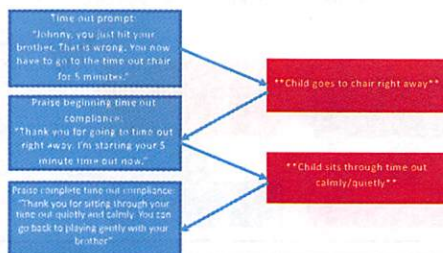
## Time out

### Role Play Scenarios:

- Immediate Compliance
- Initial non-compliance
- Noisy/disruptive time out
- Complete non-compliance

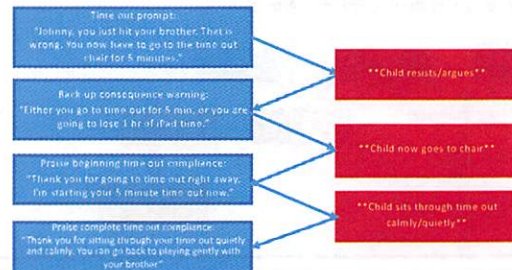
## Time out

### Role plays: Immediate Compliance



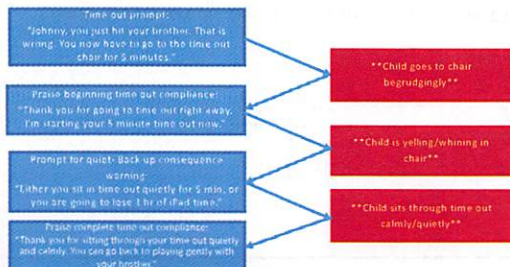
## Time out

### Role plays: Initial non-compliance



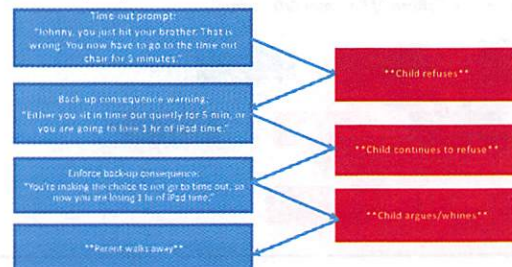
## Time out

### Role-plays: Noisy Time out



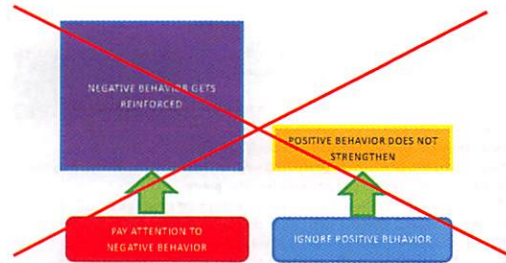
## Time out

### Role plays: Complete non-compliance



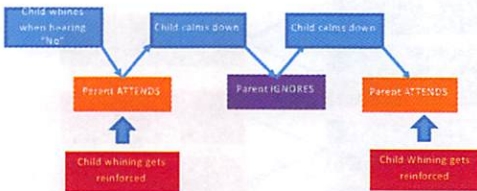
## Attending & Ignoring

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## Attending & Ignoring

### Typical Coercive Pattern of Parental Attention



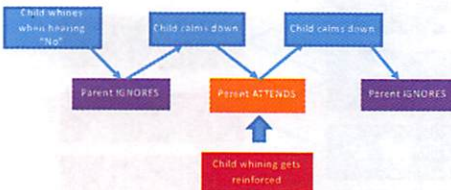
## Attending & Ignoring

Become a detective for positive behavior



## Attending & Ignoring

### Typical Coercive Pattern of Parental Attention



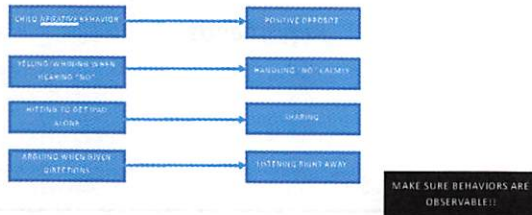
## Attending & Ignoring

**Attending:** demonstrating attention (in variety of forms) to someone's behavior

- Eye contact
  - Playing
  - Smiling
  - Touching
  - Praising
  - Asking questions
- During the behavior  
 • Immediately after the behavior

## Attending & Ignoring

- Decide on what behaviors to attend to. Focus on positive opposites.



## Attending & Ignoring

### Ignoring:

- Mild form of punishment to decrease annoying behavior

### Types of ignoring:

- Look away
- Talk to someone else
- Watch tv
- Walk away
- Pretend to do something else
- Move into another room

## Attending & Ignoring

### Steps to ignoring:

1. Define the behavior you want to decrease
2. Decide what type of ignoring to use
3. Decide when to use it
4. Decide what positive behavior to attend to

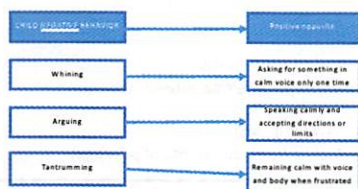
## Attending & Ignoring

- What are some negative behaviors to ignore?
- Define them specifically



## Attending & Ignoring

- What are the negative behaviors to ignore?
- What are the positive opposites?



## Attending & Ignoring

### Effectively Ignored Behaviors:

- Whining
- Arguing
- Tantrumming
- Interrupting
- Purposeful annoying



### Less-effectively Ignored behaviors:

- Running around the house
- Jumping on the furniture
- Rough-housing with sibling
- Playing ball in the house
- Aggression





## Attending & Ignoring

### Warnings about ignoring:

Beware of EXTINCTION BURST:  
Behavior may get worse before it gets better

Behavior may turn aggressive/unsafe.  
Do NOT ignore unsafe behavior.  
Use time out or ensure safety.

If child gets explosive and unsafe: will require specific procedure to ensure safety of child and others in household:  
-create separation: lock yourself in a room alone  
-remove dangerous objects  
-if behavior is very unsafe, call 9-1-1

## Reprimands

## Reprimands

- Mild punishment technique
- Verbal/nonverbal expressions of disapproval
- Used for SELF-REINFORCED behaviors that need to be stopped immediately
- Do NOT use for aggressive behavior

## Reprimands

### Rules for Reprimands:

- Use firm yet calm tone of voice
- Be close
- Be consistent- reprimand every instance of specific behavior
- Physically terminate dangerous behavior

MUST FREQUENTLY PRAISE  
POSITIVE OPPOSITES!!

## Reprimands

### Effectively Ignored Behaviors:

- Whining
- Arguing
- Tantrumming
- Interrupting
- Purposeful annoying

↑  
Attention-related behaviors

### Less-effectively Ignored behaviors:

- Running around the house
- Jumping on the furniture
- Rough-housing with sibling
- Playing ball in the house
- Aggression

↑  
Self-reinforced behaviors

## Reprimands

### Steps in Effective Reprimand:

1. Decide what specific behavior to reprimand
2. Give a reprimand as soon as you see the behavior:
  1. What to STOP
  2. WHY to stop it
  3. What to DO INSTEAD
3. If child complies: praise positive opposite
4. If not, give choice between positive opposite or consequence
  1. Time out OR loss of privilege
5. If complies, praise positive opposite
6. If not, enforce consequence (time out or loss of privilege)



## Reprimands

### Immediate Compliance:



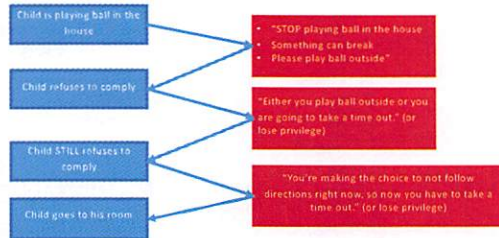
## Reprimands

### Initial non-compliance:



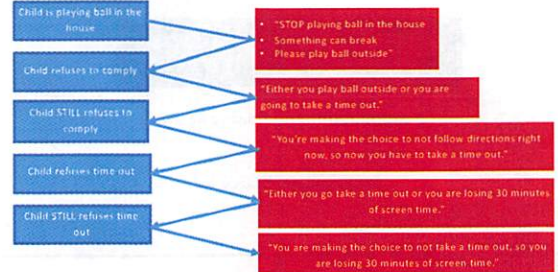
## Reprimands

### Complete non-compliance:



## Reprimands

### Complete non-compliance + non-compliant time-out:



## Other PMT Strategies for Explosive Children

### Compromising:

- For predictable power struggles- coming up with an agreement with which the parent and child are satisfied
  - Dinner options, HW time, bedtime, after-school activities

### Defiant Children (Barkley): Response Cost

- Removal of tokens for misbehavior
  - Completely replaces time outs and loss of privileges

Questions?

## Come Visit CUCARD!

- Services:
- Comprehensive evaluations
- Cognitive Behavioral Therapy
- Group CBT
  - Social Anxiety
  - LEAP Program
- PCIT- CALM
- Program for ADHD & Disruptive Behaviors

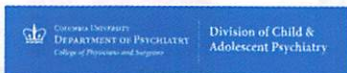


## Program for ADHD & Disruptive Behavior

- Comprehensive Evaluations
- Parent training
  - PCIT
  - PMT
- School behavioral consultation
- Social Skills groups for ADHD
- School Readiness Camp
  - Children 5-8 yo
  - July 10- Aug 4



Thank you for listening!



Division of Child & Adolescent Psychiatry

Program for ADHD & Disruptive Behavior

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