

2021 PCIT INTERNATIONAL BIENNIAL CONVENTION

Abstract Title: Unleash Your Coaching Superhero: Skills That Will Take You from a Good PCIT Therapist to a SUPER PCIT Therapist

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Abstract: ZOWIE! This superhero-themed clinical skills workshop will feature focused, active drills that will help participants unleash their inner coaching superpowers. A league of trainers and therapists will conduct five clinical skill-building exercises in which participants will practice skills in small group settings live or virtually. Trainers will spend 5 minutes introducing each skill, then conduct a 10-15 minute exercise to increase coaching skills. WHAM! The Hulk will smash lengthy check-ins by giving participants skills to keep those initial discussions of issues of personal concern at 1-3 minutes. THWACK! Elastagirl will model flexibility within fidelity as participants learn how to maintain treatment integrity in challenging situations. BAM! Groot will inspire participants to improve brevity in coaching statements in order to bear the fruit of parental PRIDE skills. SHIMMER! Dazzler will amaze coaches with emotion-focused coaching statements to help build connection between parent and child. ZOOM! The Flash will introduce techniques to increase PDI coaching speed in difficult situations. Like Wonder Woman with her Lasso of Truth, therapists will harness these superhero techniques to take their coaching skills to new heights.

Who is your intended audience? (e.g., PCIT therapists, parents, teachers, etc.): PCIT Therapists

Level of Intended Audience: Intermediate

Learning Objectives:

1. Participants will demonstrate how to skillfully move parents from the check-in phase to coaching during treatment sessions.
2. Participants will describe methods for maintaining treatment fidelity while remaining flexible and responsive to individual families' needs.
3. Participants will identify methods for increasing brevity, speed, and emotion-focused statements in coaching sessions.

3 current citations:

1. Rothenberg, W. A., Weinstein, A., Dandes, E.A., Jent, J.F. (2019). Improving child emotion regulation: Effects of parent-child interaction-therapy and emotion socialization strategies. *Journal of Child and Family Studies*, 28(3), 720-731.
2. Zimmer-Gemback, M.J., Kerin, J.L., Webb, H.H., Garnder, A.A., Mastro Campbell, S., Swan, K., Timmer, S. G. (2019). Improved perceptions of emotion regulation and reflective functioning in parents: two additional positive outcomes of parent-child interaction therapy. *Behavior Therapy* 50(2) 340-352.
3. Barnett, M., Niec, L.N., Peer, S., Jent, J., Weinstein, A., Gisbert, P., & Simpson, G. (2015). Successful coaching strategies: How in vivo feedback relates to parent engagement in PCIT.



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