

Palin Parent Child Interaction Therapy Summary

Session by session

Session One

- Review the assessment findings and discuss the report
Check on child's progress and any changes to note since last seen
- Agree and sign consent forms: video consent and treatment consent
- Check all appointment dates are suitable and confirm attendance of both parent(s) or carer(s) to all sessions
- Make a video of each parent playing with their child (5 minutes). Say that they do not need to try and make the child talk but just be as natural as possible (if you made a video at assessment you do not necessarily need to make a new one).
- Discuss Special Time, give the Special Time Instruction sheet, and set up homework for the week (minimum of three Special Times each during the week)

Session Two

- Check homework has been completed
- (If homework not completed discuss "What got in the way...?" and use a problem-solving approach to make sure it can be completed for the next session, then end the session – do not proceed unless homework has been completed)
- Assuming homework has been completed, discuss how it went and then watch the videos made last week
- Discuss as follows:
 - a) Discuss what your child needs first (using assessment information)
 - b) Look at the video in light of what their child needs and what the parents are already managing
 - c) Ask parents about naturalness
 - d) Ask each parent about their own video only. They should not comment on each other's video. Discuss: What are they doing that is helping their child's fluency?
 - e) Rationale for why this helps fluency
 - f) Agree one target to do more of during the week with each parent
 - g) Optional: Make a new video (2-3 minutes) to demonstrate the target being used by each parent & watch the video (briefly) to reinforce the target
 - h) Give Special Time sheets for the week and agree number of ST sessions per parent

Session Three

- Check homework has been completed. Discuss targets and how these went during the Special Times.
- Make a new video of each parent playing with their child (2-3 minutes) to review how they managed with their target during the week's practice.
- Watch the new video and identify what is working well and choose new targets as in session two (or continue with the target from session one)
- Give Special Time sheets and agree number of STs per parent.
- Give chapter on Specific Praise to read for next week.

Session Four

- As previously, check homework sheets. Discuss targets...
- Make a new video of each parent playing with their child (2-3 minutes).
- Watch video and identify what is working well and agree new targets as before. Make video to demonstrate targets briefly (give ST sheets and agree number of ST per parent, 2-3 minutes)
- Discuss praise: Why is praise important? Brainstorm possible praise words to use and think of examples of Specific Praise.
- Give Praise Logs to each parent (one piece of praise to be written down each day)

Session Five

- Check homework (Special Times and Praise Logs)
- Make a new video of each parent playing with their child (2-3 minutes)
- Watch video and identify what is working well. Agree further targets or consolidate as appropriate. (Give ST sheets and agree number of STs per parent)
- Discuss any behaviour management that has been highlighted from the Parent Interview e.g. bedtimes, eating, tantrums etc... Use a problem-solving approach to discuss these as necessary

Session Six

- Check homework (Special Times and Praise Logs)
- Make a new video of each parent playing with their child (2-3 minutes)
- Watch video and identify what is working well. Agree further targets or consolidate as appropriate.
- Discuss any behaviour management that has been highlighted from the Parent Interview e.g. bedtimes, eating, tantrums etc... Use a problem-solving approach to discuss these as necessary
- Set up consolidation phase (give 6 Special Time sheets and 6 Praise Logs to each parent to be sent in each week)
- Agree a review date for 6 weeks time.