



Unlocking potential
with

Parent-Child Interaction Therapy






PCIT Training Team

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Our Time Today

Welcome & Introductions
Describe the PCIT Program & Concept to Interested Agencies
Introduce Key PCIT Concepts and Skills
Describe Training & Consultation
How does PCIT fit at Your Agency? Ideal/Possible
Questions and Discussion





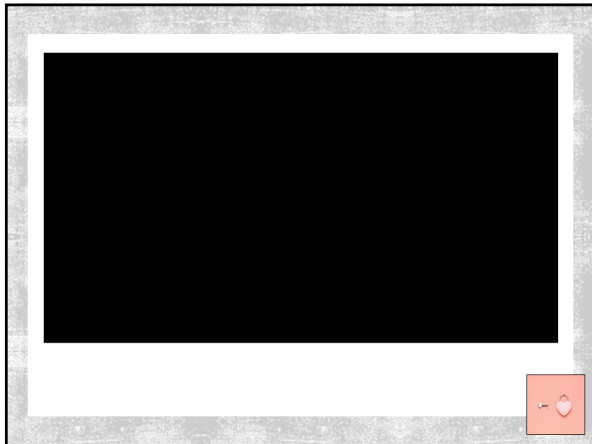
**Parent-Child
Interaction Therapy
Unlocking Potential for
Families**






PCIT is Recognized as an Evidence-Based Treatment and Best Practice








What is PCIT?

- Children ages 2.5 to 7 years with disruptive/externalizing behaviors
- Caregivers with history of harsh parenting
- Work with the primary caregiver/parent (birth, kin, foster, adoptive) and child together






PCIT IS DURABLE

- Built to address early onset Conduct Problems
- Appropriate for children showing:
 - Verbal or physical aggression
 - Defiance
 - Noncompliance
 - Temper Tantrums
 - Hyperactivity
- Parents with harsh or overly punitive parenting
- Parents who could benefit from enhanced relationship or behavior management skills with young children

PCIT is unique to families


- In-the-moment Coaching
- Parent and child together
- Focus on interaction patterns
- Assessment driven



Goals of Treatment

Promote	a warm, nurturing caregiver-child relationship	
Increase	child's prosocial behaviors while decreasing challenging behaviors	
Create	an enduring change in both parent and child behavior	





	LOW LIMITS & BOUNDARIES	HIGH LIMITS & BOUNDARIES
HIGH LOVE & WARMTH	PERMISSIVE	AUTHORITATIVE
LOW LOVE & WARMTH	NEGLECTFUL	AUTHORITARIAN

PCIT teaches skills to nurture child growth

PCIT Brings the Parent into Parent-Child Play

Time-out
Chair reflection
Bug-in-the-Ear
One-way mirror
Caregiver
Child


Calming the Storm with the Core Structure of PCIT

<h1>1</h1> <p>Child-Directed Interaction</p> <p>Attachment-Foundation Phase: Parent follows child's lead</p> <ul style="list-style-type: none"> Play therapy skills Positive attention skills Differential attention 	<h1>2</h1> <p>Parent-Directed Interaction</p> <p>Discipline Phase: Parent leads child</p> <ul style="list-style-type: none"> Clear communication Consistency Reasoning skills
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Progression of PCIT


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graph TD
    A[Pre-Assessment] --> B[CDI Teaching session  
Explain, Model, Role-play]
    B --> C[CDI Coaching sessions (3-8)  
Includes specific skill training and homework]
    C --> D[PDI Teaching session  
Explain, Model, Role-play  
Includes generalization of skills to home and public settings]
    D --> E[PDI Coaching sessions (10-20)]
    E --> F[Post-Assessment]
  
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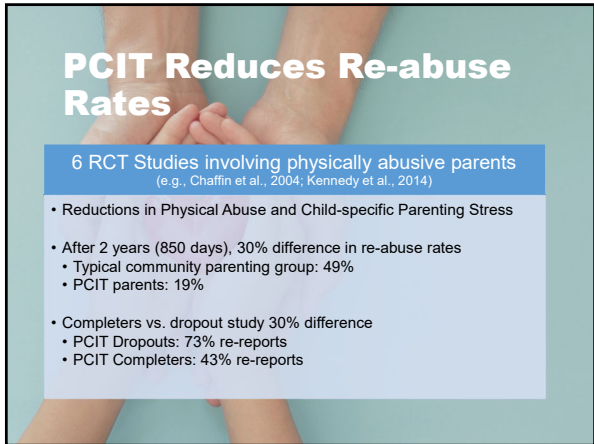
Child Outcomes

- Increase in compliance
- Child disruptive behavior improves from clinical range to within normal limits



Parent Outcomes

- Strong PCIT skill acquisition
- More positive attitudes towards child
- High parent satisfaction
- Improvements in self-reports of maternal depression and parental stress



PCIT Reduces Re-abuse Rates

6 RCT Studies involving physically abusive parents
(e.g., Chaffin et al., 2004; Kennedy et al., 2014)


- Reductions in Physical Abuse and Child-specific Parenting Stress
- After 2 years (850 days), 30% difference in re-abuse rates
 - Typical community parenting group: 49%
 - PCIT parents: 19%
- Completers vs. dropout study 30% difference
 - PCIT Dropouts: 73% re-reports
 - PCIT Completers: 43% re-reports



PCIT SENSITIVE TO DIVERSE FAMILY NEEDS

- Effectiveness with
 - Trauma victims/survivors
 - Children with prenatal alcohol/substance exposure
 - Children aged 18-60 months with premature births and externalizing behaviors
 - Children with developmental delays and/or mental retardation
 - Older children (above 7 years)
 - Younger children (below 2 years)
 - Foster parents and maltreated children
 - African-American families
 - Latino and Spanish-speaking families
 - Native American families
 -

Enduring Change



- Treatment gains have been maintained for one to six years
- Treatment gains generalize to:
 - Untreated siblings
 - Child school behavior



An Introduction to the PRIDE Skills

Rolling out the PRIDE Skills in PCIT *The CDI Teach Session*

One-hour session

Parents alone

Didactic presentation of skills

- Definition
- Rationale
- Examples

Modeling / demonstration

Role-play with parents



The Basic Rule of CDI

Follow the Child's Lead



Why follow the child's behavior?

CDI is relationship enhancement phase

Following lets parent view child in new way

Parent learns to use positive attention skills


Child begins to enjoy parent-child interaction

Parent learns to use differential social attention


New child behaviors reinforce the parent's positive behaviors




CDI "AVOID" Skills




COMMANDS QUESTIONS NEGATIVE TALK/
CRITICISM




The CDI DO Skills: PRIDE




PRAISE REFLECT IMITATE DESCRIBE ENJOY





**Setting Limits
in Early
Childhood**



Parent-Directed Interaction (PDI)



Authoritative Parenting


- Most therapeutic parenting style
- Interventions often fail to address limit setting
- PCIT goes a step further by teaching a parent how to be both nurture and set limits

Effective discipline


- Teach caregiver to effectively discipline a child not responding to typical discipline techniques
- Scientifically proven approach
- Behavior within normal limits after 7 weeks of training




Focus of PDI



CONSISTENCY



PREDICTABILITY



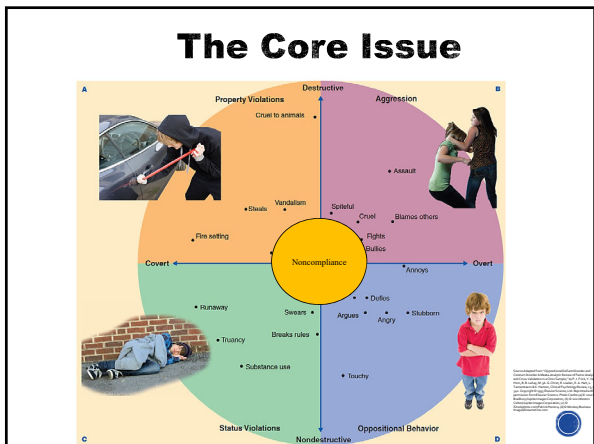
FOLLOW-THROUGH



How many times do referred children misbehave on a typical Saturday?



Children misbehave over 100 times in a typical day



Gradual Introduction

PDI Staircase to Success

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NO HOMEWORK → **STAY ON SAME LEVEL**

GO DOWN A LEVEL IF:

- Too many time-outs
- Too many escapes
- Decline due to missed sessions

PCIT Therapist Training

- 1 year of formal training and consultation with PCIT Trainer
 - 5-Day Basic Training
 - 2-Day Advanced Training
 - Biweekly Clinical Consultation Calls
 - 4 Clinical Video Reviews
 - 2 Graduated PCIT Cases

Guidelines

Training Requirements for Certification as a PCIT Therapist

These requirements were developed by the PCIT International Training Task Force in collaboration with the PCIT International Board of Directors. This document should be considered "dynamic" in that the training and certification requirements will evolve as new research arises in intervention, training, and dissemination. Currently, there are several formats used in training therapists to deliver PCIT effectively with adherence to its essential elements. These training requirements reflect the assessment training necessary within any of these formats to develop competence as a PCIT Therapist using the 2011 PCIT Protocol (Ollendick & Finkelhor, 2011).

I. Definition

Certified PCIT Therapists are individuals who have received appropriate and sufficient PCIT training to be qualified to provide PCIT services to children and families.

II. Training Requirements for Certified PCIT Therapists.

In order to apply for certification as a PCIT therapist, therapists must document applicable graduate education, basic PCIT training, and consultation training which include completing two cases as described below.

A. Graduate Education.

1. Have a master's degree or higher, or an international equivalent of a master's degree, in a mental health field
- AND
2. Be an independently licensed mental health service provider (for example, licensed psychologist, psychiatrist, licensed mental and family therapist, licensed practicing counselor, licensed clinical social worker, etc.) or be working under the supervision of a licensed mental health service provider.

OR

1. Be a psychology doctoral student who has completed the third year of training and be conducting clinical work under the supervision of a licensed mental health service provider.
2. Special Note Concerning Timing of Training: Students may receive PCIT training before completion of their master's degree. However, they cannot be certified as PCIT therapists until their master's degree is complete or until they have completed the third year of their doctoral training.

Growing PCIT at Your Agency

- Certified PCIT Clinicians →
- **Continued Clinician Training**
- **Developing Within Agency Trainers**
- **PCIT Program Supervision**
- **PCIT Adaptations** exist for a number of family characteristics (Toddler, Older Child)
- **PCIT Fits a number of formats:** Telehealth, Intensive PCIT, Workshops, Group
- **Complementary Services:** In-Home Models- Behavioral Skills Training for Families.
- **Resources** (Brochures, Social Media Posts)





Questions & Comments



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