

# Family Interaction Training

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# Overview

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Training Team

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Family Interaction Therapy (FIT)

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Training Approach

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Participation in this Initiative

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Next Steps

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Questions & Answers

# Why does this matter?

*“The single most common factor for children who develop resilience is at least one stable and committed relationship with a supportive parent, caregiver or other adult.”*

- Center on the Developing Child at Harvard University



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One Of A Kind Mind LLC



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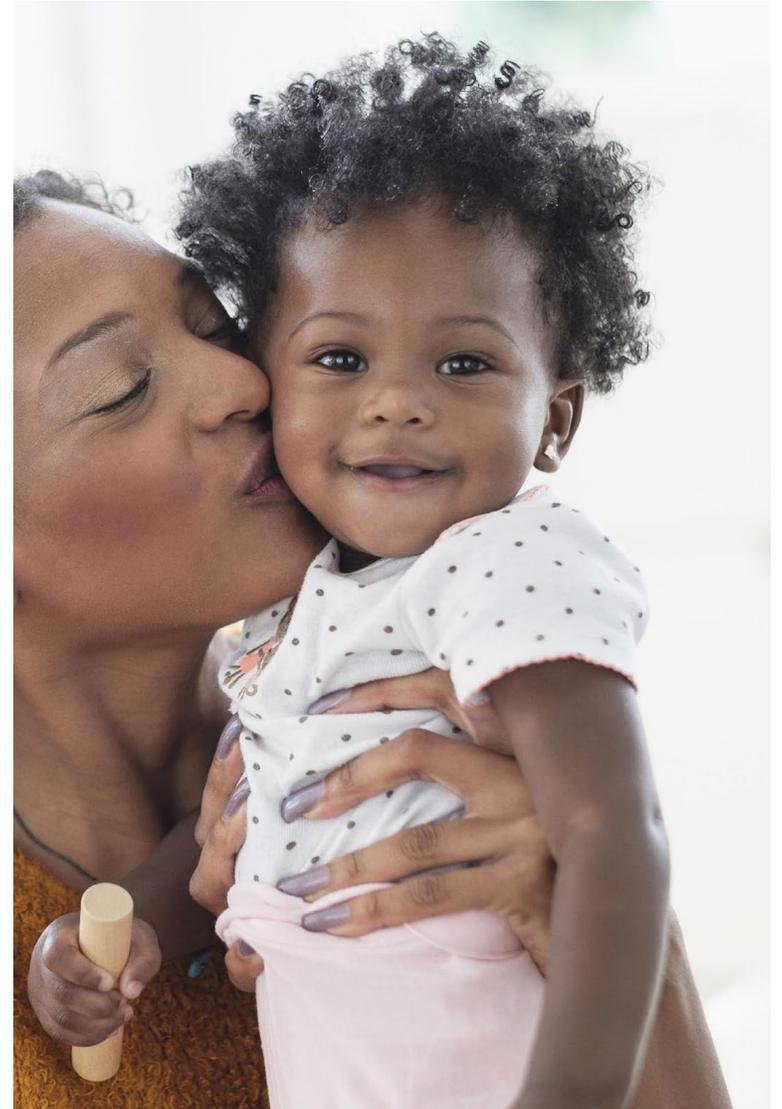
Aysia Hunter, M.Ed., LPC  
Private Practice Owner & Clinician

# Meet Our Training Team

What is FIT?

# Family Interaction Training

- A behavioral training program designed to help caregivers of young children with disruptive behavior.



# Who is FIT Appropriate For?

Caregivers of Young Children

Children showing disruptive behaviors, such as:

Verbal or Physical Aggression

Defiance

Noncompliance

Temper Tantrums

Hyperactivity

Caregivers

With harsh or overly punitive parenting styles

Who could benefit from enhanced relationship and/or behavior management skills with young children



# What is the content of FIT?

## **Module 1 – Strengthening the Parent-child Relationship**

**Lesson 1:** Introduction and Module 1 Key Concepts

**Lesson 2:** Communication

**Lesson 3:** Praise

**Lesson 4:** Using Attention Strategically

**Lesson 5:** Scheduled Parent-Child Playtime

## **Module 2 – Structuring the Environment to Prevent Misbehavior**

**Lesson 6:** Module 2 Key Concepts

**Lesson 7:** Establishing Routines and Family Rules

**Lesson 8:** Giving Clear Directions

**Lesson 9:** Anticipation Problems, Using Redirection, and Easing Transitions

**Lesson 10:** Helping Your Child Calm Down

## **Module 3 – Effective Strategies for Addressing Misbehavior**

**Lesson 11:** Module 3 Key Concepts

**Lesson 12:** Time Out

**Lesson 13:** Logical Consequences and Removal of Privileges

**Lesson 14:** Conclusion



# Who can be trained in FIT?

Anyone who is working with young children and their caregivers.



# What will the training be like?

- This training will help practitioners become familiar with the curriculum to implement the program effectively in their setting.
- This training will
  - Review clinical concepts, and
  - Focus on implementation considerations such incorporating FIT within an existing service continuum, engaging families, tailoring content, addressing values and culture, knowing when to refer to a more intensive level of care, and tracking progress.
- Participants likely will need to do some self-study to learn concepts and navigate all resources.

# What are the training dates?

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Informational  
Webinar

August 6, 2025

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12:00PM - 1:00 PM

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Learning  
Session #1

Friday, September 26, 2025

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9:00 AM - 12:00 PM

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Learning  
Session #2

Friday, October 3, 2025

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9:00 AM - 12:00 PM

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Learning  
Session #3

Friday, October 10, 2025

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9:00 AM - 12:00 PM

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## What Previous Participants Said About the Training

*“The facilitators were organized, prepared, and answered questions efficiently and effectively. Provided research and data to demonstrate the evidence behind the data that is being shared with the team.”*

*“I liked the real life examples used. I liked including things like the routines and limit setting skills taken from tv shows, etc.”*

*“The homework was helpful and the ability to navigate the site and self-learn as well as the review of the strategies and ideas and reinforcement of compassion and warmth as a parent.”*

*“I like the points and skills discussed, as a way to kind of utilize other proven therapy methods that we might not be trained in.”*

# Is FIT evidence-based?

No

However, it was developed by combining techniques contained in the following four evidence-based treatments:

- Incredible Years Parenting Program (IY)
- Parent-Child Interaction Therapy (PCIT)
- Positive Parenting Program (PPP)
- New Forest Parenting Program



## Evaluating a Free, Common-Elements Curriculum for Childhood Disruptive Behaviors: Family Interaction Training

Lauren B. Quetsch<sup>1</sup>, Laurel Brabson<sup>2</sup>, Amy D. Herschell<sup>3</sup>, Susannah Poe<sup>4</sup>,  
Cheryl B. McNeil<sup>4, 5</sup>, and Kristen F. Schaffner<sup>6</sup>

<sup>1</sup> Department of Psychological Science, University of Arkansas

<sup>2</sup> Department of Anesthesiology, Perioperative, and Pain Medicine,  
Stanford University School of Medicine

<sup>3</sup> Community Care Behavioral Health Organization, University of Pittsburgh Medical Center  
Insurance Services Division, Pittsburgh, Pennsylvania, United States

<sup>4</sup> Department of Psychology, West Virginia University

<sup>5</sup> Department of Psychiatry, University of Florida

<sup>6</sup> Department of School Psychology, Pennsylvania Western University, California

Evidence-based treatments for youth with disruptive behaviors demonstrate efficacy and effectiveness in improving youth and family mental health; however, accessing these interventions may be limited by strict requirements including that the delivering providers must have advanced degrees and complete costly trainings. A curriculum that is available for providers of all levels to deliver, has free training and materials, and is easily retrieved via any online platform may alleviate some of these barriers to treatment accessibility. The Centers for Disease Control and Prevention collaborated with external teams to develop and evaluate an evidence-informed curriculum called family interaction training (FIT). Participants (e.g., educators, in-home paraprofessionals;  $N = 77$ ) were recruited for the present study to determine how FIT would impact knowledge, skill, overall usage of the program, and child outcomes. Results indicated significant increases in participant behavioral knowledge ( $p < .01$ ) and skills ( $p < .001$ ), high use of the training modules (84–98%), and improvements in child behaviors ( $p < .01$ ). Participant feedback on preferred additional resources, perceptions of module relevance, and barriers are discussed. FIT, a free, online curriculum for child disruptive behaviors, may serve as a useful program to increase the mental health workforce and expand family intervention access.

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pdf](#)

# What are next steps?



Registration is now open - [CLICK HERE](#) to register!



Registration can occur on a **rolling basis** up to the last day of training.



Please direct questions to the Center for Evidence to Practice at [EvidencetoPractice@lsuhsc.edu](mailto:EvidencetoPractice@lsuhsc.edu)

# Where can I learn more about FIT?



Take	The <a href="#">FIT Training Webpage</a> to learn more details
Take	This link to all the parent training videos and materials <a href="#">AUCD - Family Interaction Training (FIT) Parent Training Videos and Materials</a>
Take	This link to a video to learn more about FIT <a href="#">FIT TRAINER LESSON 1 Course Introduction - YouTube</a>
Take	To Register for this training opportunity, <a href="#">click this link</a>
Email	Center for Evidence To Practice: <a href="mailto:EvidenceToPractice@lsuhsc.edu">EvidenceToPractice@lsuhsc.edu</a> Amy Herschell: <a href="mailto:amy.herschell@ecinnovations.org">amy.herschell@ecinnovations.org</a>

Thank You!