

**PARENT-CHILD
INTERACTION
THERAPY**

PARENT CHILD INTERACTION THERAPY

- An empirically supported therapeutic intervention model for children ages 2 – 7.
- The main concern for referral is one of the following:
 - Child’s behaviors
 - Defiance to directives
 - Excessive tantrums
 - Attention seeking behaviors
 - ADHD, ODD
 - Attachment issues
 - Caregivers’ difficulty managing behaviors
 - Caregiver stress

DEFINING FEATURES OF PCIT

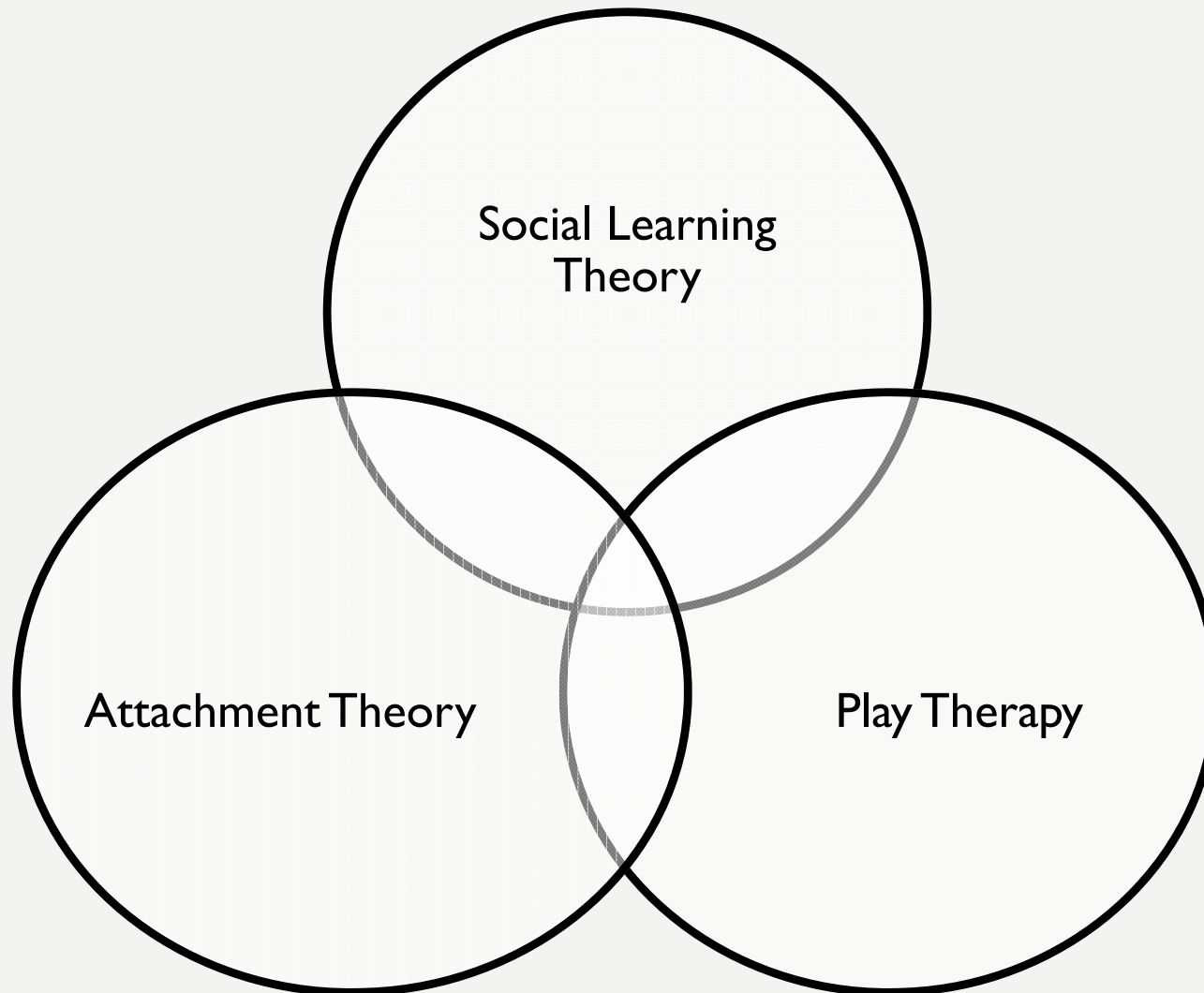
- Theoretically grounded
- Scientifically based, clinically validated and empirically supported
- Parent and child together
- Emphasis on restructuring interaction patterns
- Assessment-driven not time-limited

Coding

Coaching

Parent & Child

THEORETICAL FOUNDATIONS



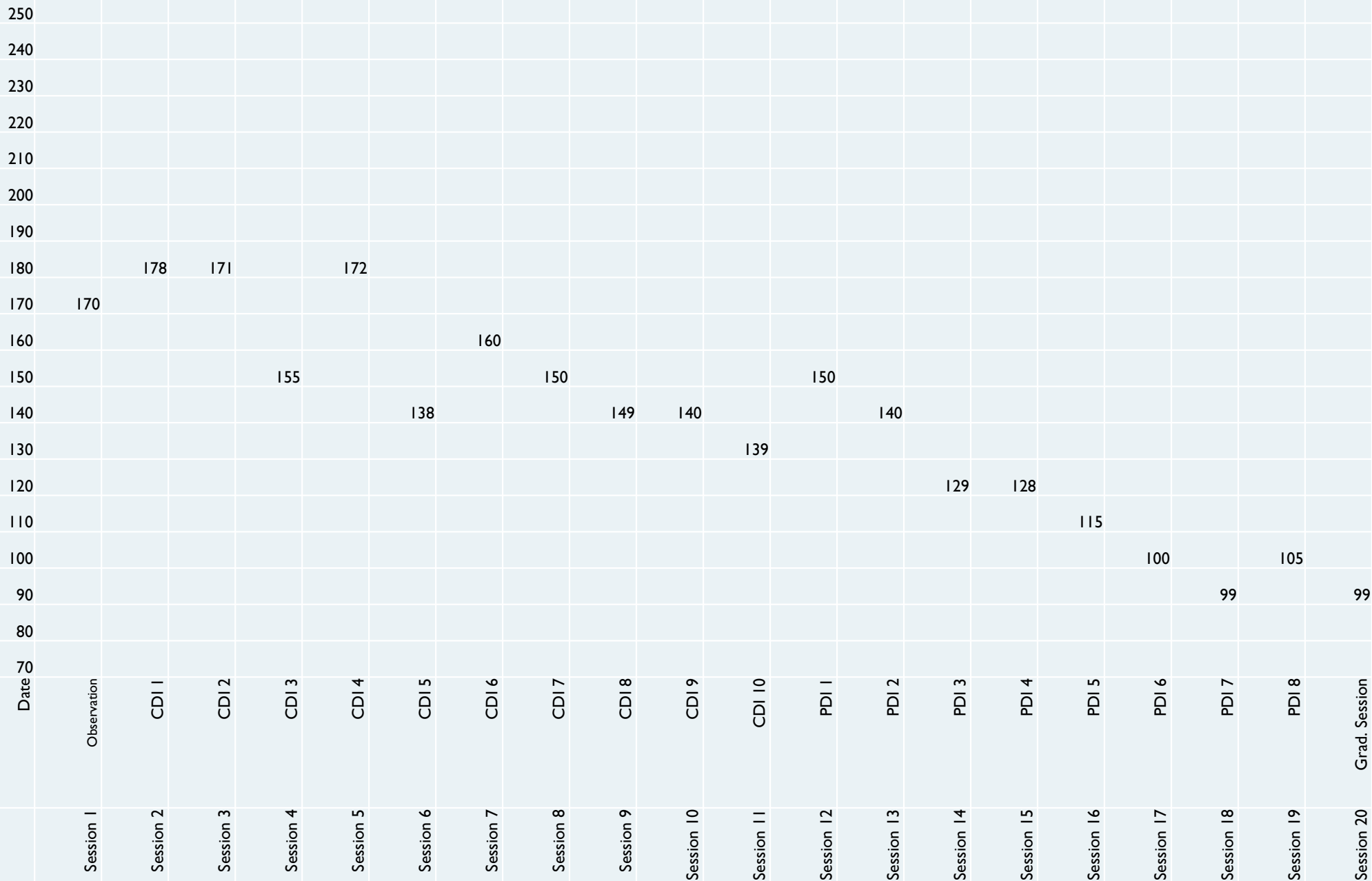
PARENT AND CHILD TOGETHER IN TREATMENT

- Focus is on changing behaviors of **both** parent and child.
- Therapist tailors treatment based on observation of parent-child interactions during treatment.
- Parent errors in application are corrected on-the-spot.
 - One-way mirror
 - Bug-in-the-ear device
- Parents can be confident the therapist understands their child.
- Therapists can assess when parents are ready to move to the next step in treatment.
- Allows accurate determination of treatment completion.

ASSESSMENT DRIVEN

- Every appointment begins with the parent completing an ECBI (Eyberg Child Behavior Inventory).
 - Assesses conduct problems such as noncompliance, defiance, aggression & impulsivity.
 - Takes 5-10 min. to complete.
 - Measures include both an Intensity Scale and a Problem Scale. Both need to be at or below an established number to qualify for graduation.

ECBI Graph (Change over the Course of Treatment)



ASSESSMENT DRIVEN

- Intake includes standardized observation to establish baseline.
 - Child-directed interaction time (CDI)
 - Parent-directed interaction time (PDI)
- Graduation of PCIT determined by:
 - Step 1: Mastery of CDI
 - Step 2: Mastery of PDI
 - Overall: ECBI at or below normed scores

NECESSARY CONDITIONS

- Availability of parent(s) or other stable caregiver to partner in weekly therapy sessions with the child.
- Parent/caregiver has access to / visitation with the child at least 4-5 times each week.
- Is the child in a stable placement for at least the next three months?
- Assess for trauma and work with clinical experts to make the most appropriate referral.

WHEN NOT TO REFER

- Child is 7 or older.
- Parent/caregiver not available to attend weekly sessions.
- Parent/caregiver participating in treatment does not have access to the child to complete daily homework (aka – *Special Time*).
- Parent/caregiver is known sexual perpetrator.

STRUCTURE OF PCIT

- Intake / Assessment sessions - 1-3 sessions
- Child-Directed Interaction (CDI) Teach session (adults only) – 1 session
 - Describe, model, role-play
- CDI Coach Sessions (4+ sessions)
- Parent-Directed Interaction (PDI) Teach session (adults only) – 1 session
 - Describe, model, role-play
- PDI Coach Sessions (4+ sessions)
- Post-assessment / Graduation
 - typically 16-20 sessions “or so”

* Homework (aka – *Special Time*) occurs for 5 min. every day following CDI Teach session.

STRUCTURE OF PCIT COACHING SESSIONS

- Parent wears a bug-in-the-ear receiver while playing with child in playroom.
- Therapist observes and coaches from an observation room using a microphone.
- Therapist codes parent and child behaviors at start of session (5 min.).
- Therapist coaches specific identified skills based on 5 min of coding.
- *Spouses take turns being coached with child and observing spouse's coaching.

CHILD-DIRECTED INTERACTIONS

- **DO**

- Praise
- Reflect
- Imitate
- Describe
- Enjoy

- **DON'T**

- Ask questions
- Give commands
- Criticize

- Ignore annoying, obnoxious behavior.
- Stop the play for dangerous or destructive behavior.

Video sample of coaching CDI Skills

Video sample of coaching PDI Skills

PARENT-DIRECTED INTERACTION

Teaching Effective Commands:

- Direct (telling, not asking)
- Positive (what to DO, not stop doing)
- Single (one at a time)
- Specific
- Age-appropriate
- Given in a normal tone of voice
- Polite and respectful (Please...)
- Explained before given or after obeyed
- Used only when really necessary
- Immediate praise for instruction compliance

MAKING A GOOD REFERRAL

- How can I find a provider?
- What questions should I ask of a provider?

For more information:

- <http://www.pcit.org/>
- <http://pcit.ucdavis.edu/>
- <http://www.magellanofnebraska.com/find-a-provider-ne/provider-directories.aspx>