

**UC DAVIS**  
CHILDREN'S HOSPITAL

**PCIT**  
Training Center

**FIRST 5**  
**LA**  
Champions For Our Children  
[www.First5LA.org](http://www.First5LA.org)

**LAC**  
**DMH**  
Los Angeles County  
Department of  
Mental Health

**NCTSN** The National Child  
Traumatic Stress Network

## The Importance of Fidelity to PCIT protocol (but what if...?)

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# OBJECTIVES

## Goals for workshop:

- Understand the core components of PCIT
- Understand the situations that can challenge the protocol
- Understand what you can do to support fidelity in your agency

# WORKSHOP RULES

**Because time is short & we want to hear everybody's solutions :**

- Each "What If?" will only be allocated 5 minutes
- If the issues brought up are too big to sort out in the allotted time, they will be sent to the "Think Tank" (written down for future discussion)

# CORE COMPONENTS

**IF MISSING, WOULD THIS BE PCIT?**

## **General characteristics of treatment:**

- Two phases of treatment: CDI & PDI
- Conduct 5-5-5 observational assessment(s)
- Administer standardized measure(s) of child behavior problems
- Maintain a up-to-date coding standard
- Client achieves CDI & PDI Mastery before graduating

**TWO PHASES OF TREATMENT REQUIRED**

## **BUT WHAT IF???**

**ALL TREATMENT  
GOALS ARE MET BY  
THE END OF CDI?**



**OBSERVATIONAL ASSESSMENT REQUIRED**

## **BUT WHAT IF???**

**CHILD TANTRUMS...  
PARENT TAKES A PHONE  
CALL...  
CHILD GOES TO THE  
BATHROOM...  
YOU FORGET TO RECORD  
IT...**



**USE STANDARDIZED MEASURES**

**BUT WHAT IF???**



**IT IS DIFFICULT TO  
GET THE PARENT TO  
RETURN THE  
MEASURES.**

**CODING RELIABLY IS REQUIRED**

**BUT WHAT IF???**

**YOU HAVE NO IDEA  
WHETHER YOU  
CODE RELIABLY**



**MASTERY REQUIRED TO GRADUATE**

## **BUT WHAT IF???**



**PARENT CAN'T GET  
TO 10-10-10 AND IS  
READY TO QUIT**

## **CORE COMPONENTS**

**IF MISSING, WOULD THIS BE PCIT?**

### **Characteristics of coaching sessions:**

- Homework received and given each session
- Weekly measure of child's behavior problems
- 5-minute coding each session
- 30 minutes of coaching parents to use specific CDI and PDI skills in interactions with children

**WEEKLY HOMEWORK REQUIRED**

## **BUT WHAT IF???**



**THE PARENT ALWAYS FORGETS TO BRING IT, AND THE CHILD IS ANTSY TO GO AT THE END OF THE SESSION**

**WEEKLY MEASURE OF CHILD BEHAVIOR**

## **BUT WHAT IF???**

**OUR AGENCY CAN'T AFFORD TO ADMINISTER THE ECBI EVERY WEEK**



**WEEKLY CODING REQUIRED**

## **BUT WHAT IF???**



**THE PARENT  
SPENDS A LONG  
TIME CHECKING IN,  
OR...  
THE CHILD STARTS  
ACTING OUT AND  
THE PARENT NEEDS  
HELP?**

**30 MINUTES OF COACHING REQUIRED**

## **BUT WHAT IF???**

**PARENT IS LATE...  
SPENDS A LONG TIME  
CHECKING IN...  
CHILD BLOWS OUT**



# CORE COMPONENTS

**IF MISSING, WOULD THIS BE PCIT?**

## Characteristics of Time Out:

- Use of “Back-up” room or Swoop & Go as back up to time out

**USE OF BACK UP ROOM OR SWOOP & GO**

## BUT WHAT IF???

**THE PARENT  
CAN'T USE A  
BACK-UP ROOM  
OR SWOOP & GO  
AT HOME.**





# WHICH COMPONENTS CAN NOT CHANGE?

## THE SPIRIT OF PCIT

BEHAVIORAL BASE

COACHING PARENT

CDI + PDI

PHASE II: FUNDAMENTAL AND SKILL TRAINING

Experiential Competency

Complete 10 Hours of PCIT Web Course

Evaluation of Web Course Knowledge

Develop Objectives & Goals for Child-Directed Interaction (CDI) Skills in interview, pre-measures and behavioral observation

Role-Play CDI Teaching Session – shows understanding of process

Role-Play CDI Coaching Skills – shows understanding of process

Role-Play PDI Teaching Sessions – shows understanding of process

Role-Play PDI Coaching Skills – shows understanding of process

Role-Play Preparing for Graduation – describes requirements & considerations for graduation

PHASE III: EXPERIENTIAL TRAINING

Experiential Competency

Intake and Assessment

Utilize standardized behavioral measurements (CBCL, ECBI, PSI, TSCYC) in assessment and treatment planning

Conduct Structured Behavioral Observations (Dyadic Parent-Child Interaction Coding System; DPICS) as a component of the assessment process

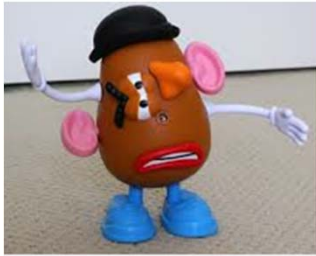
Code 5-minute CDI parent-child interactions with 80% accuracy using DPICS (10 times; check off below)

Child-Directed Interaction Didactic

Teach and demonstrate behavioral play therapy skills (PRIDE)

Teach and demonstrate use of selective attention/ignoring

Teach and demonstrate avoidance of questions, commands, and



# WHAT CAN YOU DO TO SUPPORT FIDELITY IN YOUR AGENCY??

# THANK YOU!

## CONTACT US

**Website:** [pcit.ucdavis.edu](http://pcit.ucdavis.edu)

**Web Course:** [pcit.ucdavis.edu/pcit-web-course](http://pcit.ucdavis.edu/pcit-web-course)

 [www.facebook.com/UCDPCIT](http://www.facebook.com/UCDPCIT)

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