Why is PCIT important for Foster Children? Working with Biological Parents, Foster Parents, Social Workers, and Judges

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OBJECTIVES

1. **Overview of the basic structure of PCIT**
   - Relationship Enhancement (CDI)
   - Strategies to improve compliance (PDI)

2. **Understand how PCIT helps to:**
   - Improve parenting skills
   - Decrease child behavioral problems
   - Improve the quality of parent-child relationships.

3. **PCIT with CW families**
4. **PCIT with Social Workers**
5. **PCIT and Judges**
6. **Models of PCIT training** (online only)
What is PCIT?

Video omitted
What is PCIT?

PCIT is a dyadic Intervention treating children 2 to 7 years old with disruptive behaviors and caregivers who have (at least) regular contact with children.

- Therapists coach the parents while playing with their children, using an FM receiver (2 way mirror/ video feed)
  - Adaptations in home settings
  - Adaptations in low-tech settings
- Course of treatment- 14 – 20 weeks
  - CDI – Enhance the parent-child relationship, teaching parents to attend to appropriate child behavior
  - PDI – Teach parent effective behavior management techniques
- Assessment driven
  - Assessment informs didactic, coaching strategies
- Process of treatment- from “hear” to “do”
  - Intake assessment → didactic teaching → coaching → skills mastery
What is PCIT?

Course of treatment:

**Intake**
- Collect information: clinical interview, standardized measures
- Define treatment goals

**CDI**
- Teaching session
- Coaching 7 to 10 sessions
- Parents master CDI skills

**Mid**
- Identify remaining behavior problems

**PDI**
- Teaching session
- Coaching 7 to 10 sessions
- Parents master PDI skills
PCIT Therapy
Structure of 50-Minute Coaching Session

- Check in (discuss homework)
- DPICS Coding
- Coaching
- Review of Session
- Document Session
Typical PCIT Room
Typical Observation Room
PCIT Treatment & Observation Room
CDI GOAL

Relationship Enhancement

PRIDE Skills

Praise
Reflection
Imitation
Description
Enthusiasm
Video example of PRIDE skills

Video omitted
PDI GOAL

Improve Compliance

BE DIRECT

B
Be Specific with commands
E
Every command positively stated
V
Developmentally appropriate
I
Individual commands
R
Respectful and polite
E
Essential commands only
C
Choices when appropriate
T
Tone of voice neutral

Improve Compliance
What makes PCIT work?

Research tells us…
In a meta-analysis of parenting programs (Kaminski et al., 2008), what works is:
• Increasing positive parent-child interactions and emotional communication skills
• Teaching parents to use time-out
• Encouraging consistency

PCIT Process

- Emotional Availability research
- Parent attributions of children’s behavior
PCIT FINDINGS

OVERVIEW

IMPROVED SKILL ACQUISITION
- More parent reflective listening, physical proximity, and prosocial verbalizations
- Less sarcasm and criticism
- Positive attitudes

IMPROVED PARENT FUNCTIONING
- Less parental stress
- Fewer psychological symptoms
- Greater sense of control
- High satisfaction with treatment

IMPROVED CHILD FUNCTIONING
- Fewer child behavior problems, reduced to normal limits
- Improved child responsiveness to parent

GENERALIZATION OF EFFECTS
- Long-lasting effects—demonstrated up to 6 years
- Generalized to untreated siblings, home, and school
PCIT & Families at Risk

REDUCING RISKS FOR CHILDREN

DECREASE RISK

- Decrease family risk of violence
- Decrease child mental health problems
- Decrease parental stress

IMPROVED FAMILIES & COMMUNITY FUNCTIONING

- Improve school performance
- Increase positive peer interactions
- Improve personal relationship skills
  - Sharing, taking turns
  - Emotional regulation

IMPROVED SKILL ACQUISITION

- Increase parents’ skills
- Manage child behavior problems
- Improve quality of dyadic interaction
HOW DO WE GET THESE RESULTS?
Coaching Example

Video omitted
Yeah Mr. Potato Head!
What about PCIT & Child Welfare?
PCIT and Maltreated Children

Discussion

We know foster children have mental health problems, what are they…

• Foster children have disruptive behavior
  – Aggression, Temper Tantrums
• Foster children have trauma symptoms
  – Nightmares, Emotional Dysregulation
• Foster children have negative PC-relationships
  – Defiance, non-compliance, ODD
Discussion

We have ESTs to address these problems…

- Foster children have disruptive behavior
  - Parenting interventions (PCIT, PPP, IY)
- Foster children have trauma symptoms
  - TF-CBT, PCIT
- Foster children have negative PC-relationships
  - PCIT

*WHY PCIT and not another intervention?*
PCIT and Foster Parents/Children

Discussion

WHY do PCIT and not another intervention?

• Dyadic intervention (parent and child together)
• In vivo intervention
• Focus on relationship skills
• Enhance relationship quality
• Reduce trauma symptoms

A more intensive treatment for…
PCIT and Foster Parents/Children

Discussion

*WHY do PCIT and not another intervention?*

A more intensive treatment for...

- Parents with severe problems
- Children with severe behavioral problems
- Children with trauma sx & behavioral problems
- Parents/children with relationship/attachment problems

*PCIT is not for everyone!*
PCIT and Parents

Discussion

• PCIT & foster parents/children

• PCIT & reunification

• PCIT & abusive parents/children
  – Urquiza & Timmer (2012)

• PCIT & positive parent-child relationships
PCIT: A case example

Discussion

Let’s look at a case…

Robert
And
his moms!

We acquired releases to videotape…
PCIT: A case example

**Discussion**

Robert

- 5 year old Latino male
- Born + methamphetamine (both parents with meth problems)
- Placed in protective custody b/c of
  - Severe medical/physical neglect
- Placed in non-relative foster care
- ECBI pre-treatment scores
  - Intensity 73  (T score: Mean=50)
  - Problem 54  (T score: Mean=50)
PCIT: A case example

Discussion

What are these videos about…

• Video observation of parent-child relationship
• Video (coded) at pre-, mid-, and post treatment
• Each observation session has
  – Child-directed
  – Parent-directed
  – Clean-up

1st video: Robert/Foster Mother (post-tx; clean-up)
2nd video: Robert/Bio Mother (pre-tx; clean-up)
3rd video: Robert/Bio Mother (post-tx; clean-up)
PCIT: A case example

Robert/Foster Mo Post-tx Clean-up

Video omitted
## Discussion

### Robert/Foster Mo ECBI Scores

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<th>Pre-</th>
<th>Post-</th>
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<tr>
<td>Intensity</td>
<td>73</td>
<td>54</td>
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<tr>
<td>Problem</td>
<td>54</td>
<td>52</td>
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- 5 CDI Sessions/5 PDI sessions
- Behavioral improvement, better regulated

Because (in part) Robert’s behavior improved…

- Attempt at reunification with Bio Mo
- X3 months post-tx, placed with Bio Mo
PCIT: A case example

Robert/Bio Mo Pre-tx Clean-up

Video omitted
PCIT: A case example

**Discussion**

Robert

Mo complained of aggression, non-compliance

**Robert/Bio Mo ECBI Scores**

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<th>Pre-</th>
<th>Post-</th>
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<tr>
<td>Intensity</td>
<td>60</td>
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<td>55</td>
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- Mo’s PSI scores elevated
PCIT: A case example

Robert/Bio Mo Post-tx Clean-up

Video omitted
PCIT: A case example

**Discussion**

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<tr>
<td>Intensity</td>
<td>60</td>
<td>42</td>
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<td>Problem</td>
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- 6 CDI Sessions/7 PDI sessions (~9 months)
- Mo’s PSI scores decreased significantly
- Behavioral improvement
- better regulated

Robert & Mo reunited…
PCIT: A case example

**Discussion**

**Robert**

![Graph showing Encouraged and Discouraged trends over time.](graph.png)

- **Enc: P, R, BD**
- **Dis: CS, Q, NTa**
PCIT & Foster Parents

Discussion

PCIT and Foster Parents
Timmer, Sedlar, & Urquiza:
PCIT works with foster parents!

Brief review of ‘repeat’ foster parents
• Sample: N = 22 (entered PCIT tx X2 with different children)
• Average time between tx = 3.2 yrs
• Race: Cauc (7), AfrAm (7), Latino (8)
PCIT & Foster Parents

Discussion

Numbers of Verbalizations Pre-treatment, Time 1 vs Time 2

Enc: P, R, BD
Dis: CS, Q, NTa
PCIT & Foster Parents

Discussion

• Foster parents acquired + parenting skills at Time1
• Foster children decrease child behavior problems at Time1
• Foster parents improved performance with second foster child at Time2

PCIT for foster parents is a GOOD thing!
PCIT and Social Workers

Discussion

• Best practices
• Treatment for parent & child together on specific issues related to parent/child functioning
• Provide information from an EBT regarding parental competencies
• Provide data to court regarding specific competencies gained (e.g., DPICS, ECBI scores)
• Better prepare P-C for reunification
PCIT and Social Workers

Discussion

A comment about the “Honeymoon Period”

What is a ‘Honeymoon Period’ in foster care placements

- VERY little research on initial placement behavior
- Why brief behavioral compliance?
- Why some children don’t have ‘Honeymoon periods?’

Using this as an opportunity to enhance relationships, shift expectations…
Discussion

Judicial education is where it's at...

Judges are not mental health providers
  They should refer services, not treatment

Reunification decisions based on data

PCIT is one (and only one) set of good data about which they can make reunification decisions

‘PCIT for Traumatized Children’ web course
PCIT and Judges

Discussion

*Invite a judge to lunch!*

Sacramento County:

- Invited all juvenile court judges/referees to observe PCIT
- Recommending to agencies we’ve trained (~130 agencies throughout the US)
- Inform and educate Judges about PCIT
  - Appropriate referrals
  - Expected outcomes
  - Post-treatment gain data (ECBI, DPICS, etc)
CONTACT US

Website: pcit.ucdavis.edu
Web Course: pcit.ucdavis.edu/pcit-web-course
Powerpoint Presentation: pcit.ucdavis.edu/resources/powerpoint-presentations/

www.facebook.com/UCDPCIT  PCIT LinkedIn Group
PCIT Training

How do you learn to provide PCIT effectively?
TRAINING MODEL

UC Davis Model

**PROGRAM DEVELOPMENT**
- **Consultation** to give training overview, discuss equipment
- Help select trainees
- Evaluate agency referral process to support PCIT

**FUNDAMENTAL SKILL ACQUISITION**
- Completion of Web Course, passing quiz with 80% correct
- 11 Modules, 10 hours of on-line training, with video examples
- Practice coding using web course

**SKILL BUILDING**
- **Day long visit from** trainer at your agency to review and practice basic skills necessary to begin providing PCIT

**COACHING**
- **Trainer will** guide trainees through the course of treatment, coaching them either on site or via videoconferencing.
- 11 day long coaching sessions (88 hrs) plus 6 consultation sessions (1 hr each) via telemedicine.
REMOTE TRAINING

PCIT Training through videoconference

Challenge: Putting telemedicine equipment into existing audio-visual system.
TRAINING

UC Davis PCIT Training Center history

- Established in 1999 to train 13 California agencies in PCIT.
- Attain a competency level among trainees that will enable agency therapists to provide PCIT services.
- Train designated agency therapists (ToTs) to provide agency supervision of PCIT services and train future staff (2nd generation+) in PCIT service delivery.
- Children who receive PCIT services from the trainee agency will demonstrate significant behavioral improvements and symptom reduction after completion of PCIT.
- Currently we have trained 120+ community mental health agencies throughout California and other states/countries.
TRAINING

UC Davis PCIT Training Center vision

• To improve the quality of mental health services to children and families.

• Increase the number of trained and qualified mental health providers in rural and urban areas with the expertise to comprehensively respond to the special needs of children and families through the delivery of PCIT services.

• Bridge the gap between effective research and effective practice.

• Expand the depth and breadth of scientific knowledge in mental health, child maltreatment, and PCIT.
OUTCOMES

UC Davis PCIT trained agencies’ client outcomes

Eyberg Child Behavior Inventory- Intensity Scale: Mean T-Scores from Pre-, Mid-, & Post-Tx Assessments

Data represent scores from 269 Clients and 10 Agencies
OUTCOMES

UC Davis PCIT trained agencies’ client outcomes

Eyberg Child Behavior Inventory- Problem Scale: Mean T-Scores from Pre-, Mid-, & Post-Tx Assessments

Data represent scores from 269 Clients and 10 Agencies
OUTCOMES

UC Davis PCIT trained agencies’ client outcomes

Parenting Stress Index- Total Stress: Mean Percentile Scores from Pre-, Mid-, & Post-Tx Assessments

Data represent scores from 269 Clients and 10 Agencies