

Improving Community and Client Response to PCIT

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Quick disclaimers and an informal poll.





Prologue



Story #1





OPEN

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OPEN











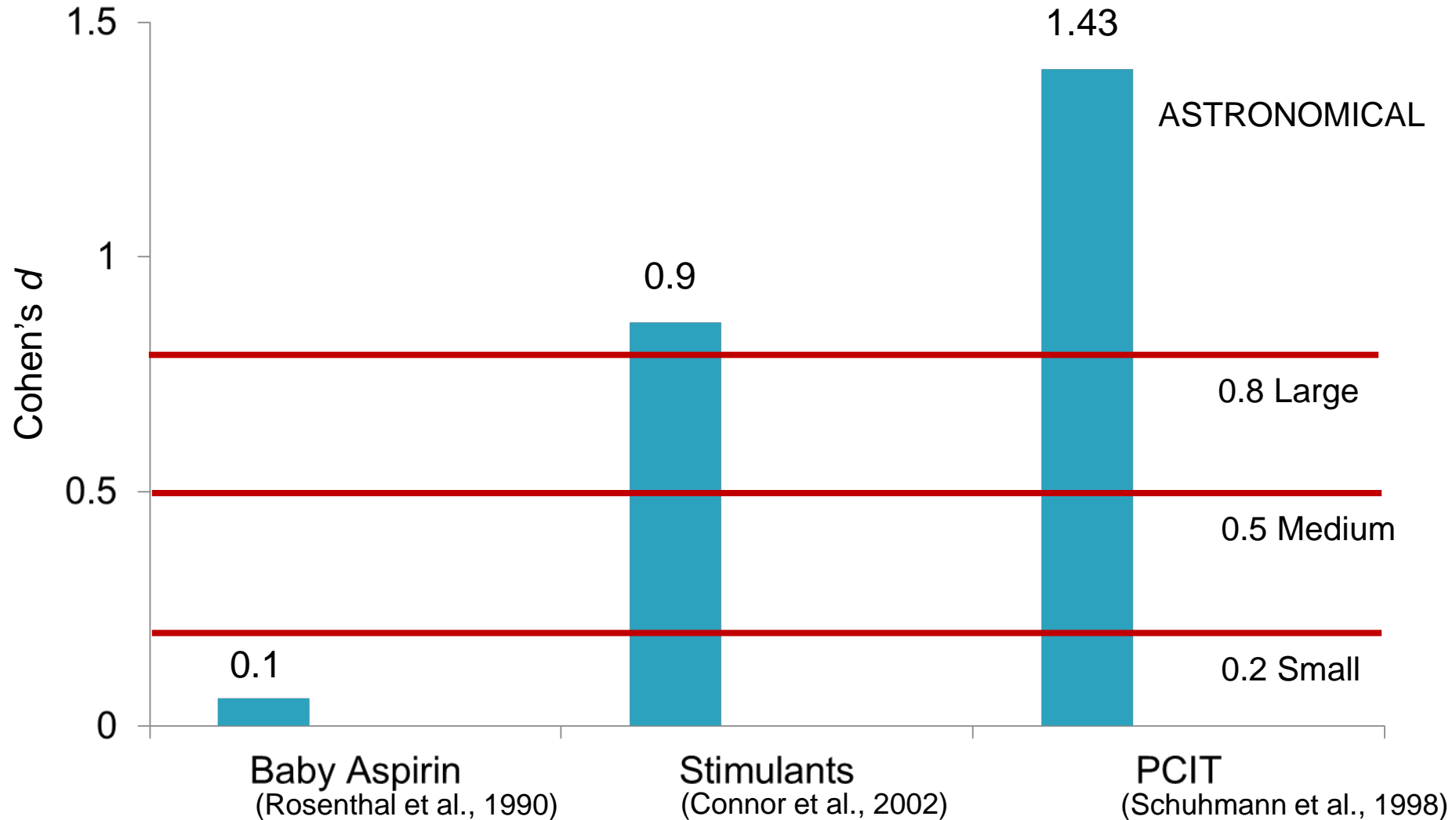


Not actually Ingrid....just a picture I
stole from the internet

PCIT is a lot like triple espresso Chocolate Brownies.

- PCIT is good.
- PCIT is sweet.
- PCIT is energizing.
- PCIT faces significant barriers to getting it out to the community

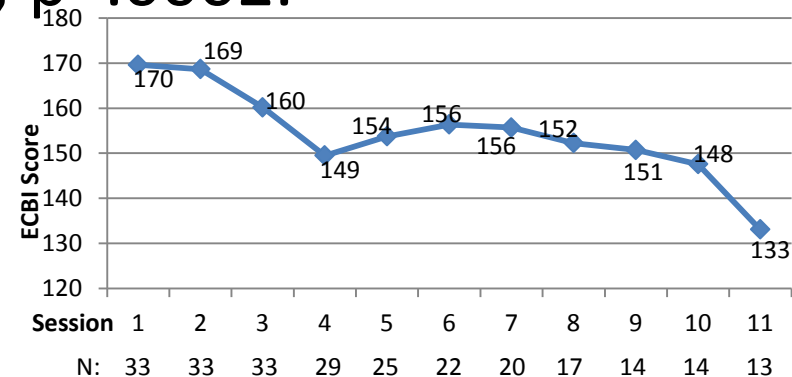
PCIT Effect Size



Community Mental Health (Burkley, 2016)

- 5 PCIT clinicians (3 certified, 2 in training)
- 33 patients were seen for at least two PCIT sessions (Min. 2, Median 11, Max 32)
- 10 of the 33 had post ECBIs below 114
- Significant difference pre-post and effect size of .7 ($t(32)=3.65$ $p = .00092$; $d=.7$)
- Repeated Measures ANOVA found differences pre, mid, and post $F(2,64)=9.63$, $p=.0002$.

Graph 1: Average ECTI score and session N



Story # 2



It is important to get PCIT to kids who need it.

Improving Community and Client Response

- Therapists
- Agencies
- PCIT Community

Most important step in improving client and community response

- Getting parents and caregivers to come back.



Improving Caregiver Return

Own your salesmanship

- Recognize that selling is a part of the job. (McNeil, 2010)
 - Therapist are uncomfortable with the idea of selling a therapy.
 - We are asking parents to do something very uncomfortable.
 - We have to have them get comfortable fast.



Improving caregiver return

Observations during the first two session are key

- Observe any positive interaction the child has with parent.
 - “Your child is really enjoying playing with you.”
- Find things to praise about their child.
 - “Your child has strong leadership tendencies.”
- Observe and predict success.
 - “You are picking up these skills so quickly.”
- Return to your 10:1 positive to constructive ratio

Improving Caregiver Return

Supersize it!



- When possible, consider combining the Intake, Teach, and Coach.
 - (Graziono, Bagner, et al. 2015)
Intensive PCIT is highly effective.
 - Get parents into the groove quickly
 - When “super sessioning” having child care help is extremely helpful.
 - If billing and insurance prevent you from having a supersession,
 - Rock the role play!
 - Role play with child if child is there.
 - Consider Monday: Teach; Friday Coach

Improving caregiver return

Increase your “mike rapport”

- Work on your “microphone authenticity.”
 - Don’t fear the mike.
- Get the parents behind the mirror with you.
 - Engage them in coding
 - Smile and laugh with their kids



Improving caregiver return

PCIT Presence

- Make PCIT visibly present in your practice/agency
 - PRIDE Posters
 - PCIT brochures
 - Refer people to web resources



Improving caregiver return

Consider gifting

- Hit the back to school sales and make creative play packs
- Get a grant for backpacks of toys
- Refine the art of yard sales



Second most important step in improving client and community response

- Getting parents and caregivers to master the technique sooner.

Helping parents to reach mastery sooner

Encourage homework completion

- The number 1 predictor of how fast people reach mastery (Abner, 2016, totally my opinion but I bet you a pizza I'm right if you do the study)
- Consider reminder calls
- If you have secure server, consider reminder emails.
- Train case managers to code to encourage parental practice.
- Let your inner BA therapist out when it comes to homework.
- Ticket to the session

Helping parents to reach mastery sooner

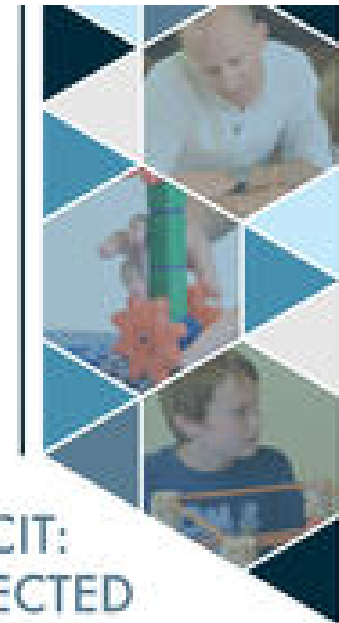
Coaching for Mastery

- Wrangle them Cows. Yeehaw!
- Have someone do a coach code for you.
- Consider coaching drills
- Record your parents doing great!
- Record yourself modeling the skills.
- Use the higher order skills.
- Every Pride skill gets a praise, an observation, or a higher order
- Don't be a GPS therapist.

Helping parents to reach mastery sooner

Use the Cool Stuff

- Consider “Pocket PCIT” for parents with I-phones and I-Pads
 - Resource for Parents
 - It's Free!



POCKET PCIT: CHILD-DIRECTED INTERACTION

A PARENT-CHILD INTERACTION THERAPY
RESOURCE FOR PARENTS

JASON AUST, ALLISON HENNINGSON, JESSIE THOMPSON, PATRICIA LARSEN, & SCOTT BARANKE

Helping parents to reach mastery sooner

Use the Cool Stuff

- PCIT Flip book (Masse & Girard)
 - It's not free!
 - But its worth it!



Helping parents to reach mastery sooner

Use the Cool Stuff

- Review the handouts
- Review the appendix

Charges for Agencies

- Support your PCIT therapists
 - Label praise for senior leaders, “I like how you have sent your therapists to a conference so they can improve their technique”
- Provide time for training and growth.
- Provide back up systems.
- Update technology when needed.
- Create room in your therapists caseloads for PCIT.
- Avoid using play rooms and observation rooms as dumping grounds.

Charges for the PCIT Community

Defend the Technique

- End “time out shaming.”
 - Thousands of research studies establishing the efficacy of time out techniques.
 - To my knowledge, no studies have shown correctly applied time out harms children.

Charge to the PCIT Community

Continue to improve the technique

- PCIT is one of the strongest Evidence Based Treatments on the planet.
- It ain't perfect.
- We can and we should continue to strive to make it better.
- One area of research needed is efforts to increase speed of parental mastery of techniques.
- Research is needed in more overt trauma education and application.
- Explore other areas where PCIT technology can help.

Charge to the PCIT Community:

Tell'em about it!

- We desperately need to increase public awareness of PCIT.
- It should be as well known as stimulants for ADHD.



Reach out to the Community

- Community relations is people relations
 - Give a teacher in-service training teaching some easy behavior management strategies;
 - Teach Pride skills at a parent workshop at your local library
 - Give a workshop at a FFA (i.e., foster family agency)(Maltby as reported by Timmer 2013
<http://pcit.ucdavis.edu/community-outreach-relationship-service/>)
- Grand rounds
- Legal community
- Autism Spectrum community
- Anxiety Disorders community
- Other Health Related Professions

Tell your success stories.

- And sometimes your failures.

Epilogue

- PCIT is a lot like triple espresso Chocolate Brownies.
 - PCIT is good.
 - PCIT is sweet.
 - PCIT is energizing.
 - PCIT faces significant barriers to getting it out to people who need it.
- We have to continue to break down these barriers so that kids who need it can receive it.

