Benefits and Challenges of Working with Foster Parents in PCIT

13th Annual Conference on PCIT for Traumatized Children

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OBJECTIVES

1. Overview impact of child maltreatment on relationship quality
2. Children entering dependency – What do we see?
3. Why PCIT is good for Child Welfare Services?
4. A Case Study - Robert
5. Issues of PCIT
   1. Availability of services – educating your community
   2. It’s all about the judges – ‘Take a judge to lunch!’
   3. Court order or court referral
   4. When to start services
   5. Recommendations for reunification
Yeah Mr. Potato Head!
What about PCIT & Child Welfare?
PCIT and Maltreated Children

“Psychopathology is a Gift of Love”

Benjamin (1993)

“Why are you sitting in my dad’s chair?”

“Dad, Olivia’s licking me again!”

“Did you know I used to think there were people buried in the road divider?”

Family rules, routines, & activity settings…

Transactional nature of parent-child relationships
PCIT and Maltreated Children

What are the rules, routines and activity settings in maltreating families?

We have ESTs to address these problems...

- Foster children have disruptive behaviors
  - 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

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

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

The Research Supports…

- PCIT & foster parents/children

- PCIT & reunification

- PCIT & abusive parents/children
  - Urquiza, Timmer, Zebell, & McGrath (2005)
  - Urquiza & Timmer (2012)

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

Let’s look at a case…

Robert
And
his moms!

We acquired releases to videotape…
PCIT: A case example

Robert

- 5 year old Latino male
- Born + methamphetamine (both parents with meth problems)
- Placed in protective custody because 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

Robert

What are these videos about…

• Video observation of parent-child relationship
• Video X3 at ‘clean-up’…

(omitted): Robert/Foster Mother (pre-tx; 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
PCIT: A case example

Robert

Robert/Foster Mo ECBI Scores

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<tr>
<td>Intensity</td>
<td>73</td>
<td>54</td>
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<td>Problem</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
PCIT: A case example

Robert

Mother complained of aggression, non-compliance

Robert/Bio Mo ECBI Scores

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<tr>
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- Mo’s PSI scores elevated
PCIT: A case example

Robert/Bio Mo Post-tx Clean-up
PCIT: A case example

Robert

Robert/Bio Mo ECBI Scores

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- 6 CDI Sessions/7 PDI sessions (~9 months)
- Mo’s PSI scores decreased significantly
- Behavioral improvement
- Better regulated

Robert & Mo reunified...
PCIT: A case example

**Discussion**

Robert

![Graph showing Encouraged and Discouraged trends over time](#)

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

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

Brief review of ‘repeat’ foster parents
• Sample: N = 22 (entered PCIT X2 with different children)
• Average time between tx = 3.2 yrs
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

- Best practices = ESTs, EBPs, EIPs, ?
- 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
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…
PCIT and Judges

Judicial education is “Where its 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 therapists draft letter of support for client treatment gains!

‘PCIT for Traumatized Children’ web course
PCIT and Judges

*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)
THANK YOU!

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 and Maltreated Children

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<th>STRENGTH</th>
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## PCIT and Maltreated Children

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### positive
- These are your children!

### negative
- Hostile coercive relationship (Physical Abuse)
- Depression? Substance abuse?