

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**
 - Timmer, Sedlar, & Urquiza (2004)
 - Timmer, Urquiza, & Zebell (2006)
- **PCIT & reunification**
 - Chaffin et al (2004)
- **PCIT & abusive parents/children**
 - Urquiza, Timmer, Zebell, & McGrath (2005)
 - Urquiza & Timmer (2012)
- **PCIT & positive parent-child relationships**
 - Timmer, et al (2010)

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

	<u>Pre-</u>	<u>Post-</u>
Intensity	73	54
Problem	54	52

- 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

Discussion

Robert

Mother complained of aggression, non-compliance

Robert/Bio Mo ECBI Scores

	<u>Pre-</u>	<u>Post-</u>
Intensity	60	
Problem	55	

- 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

	<u>Pre-</u>	<u>Post-</u>
Intensity	60	42
Problem	55	55

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

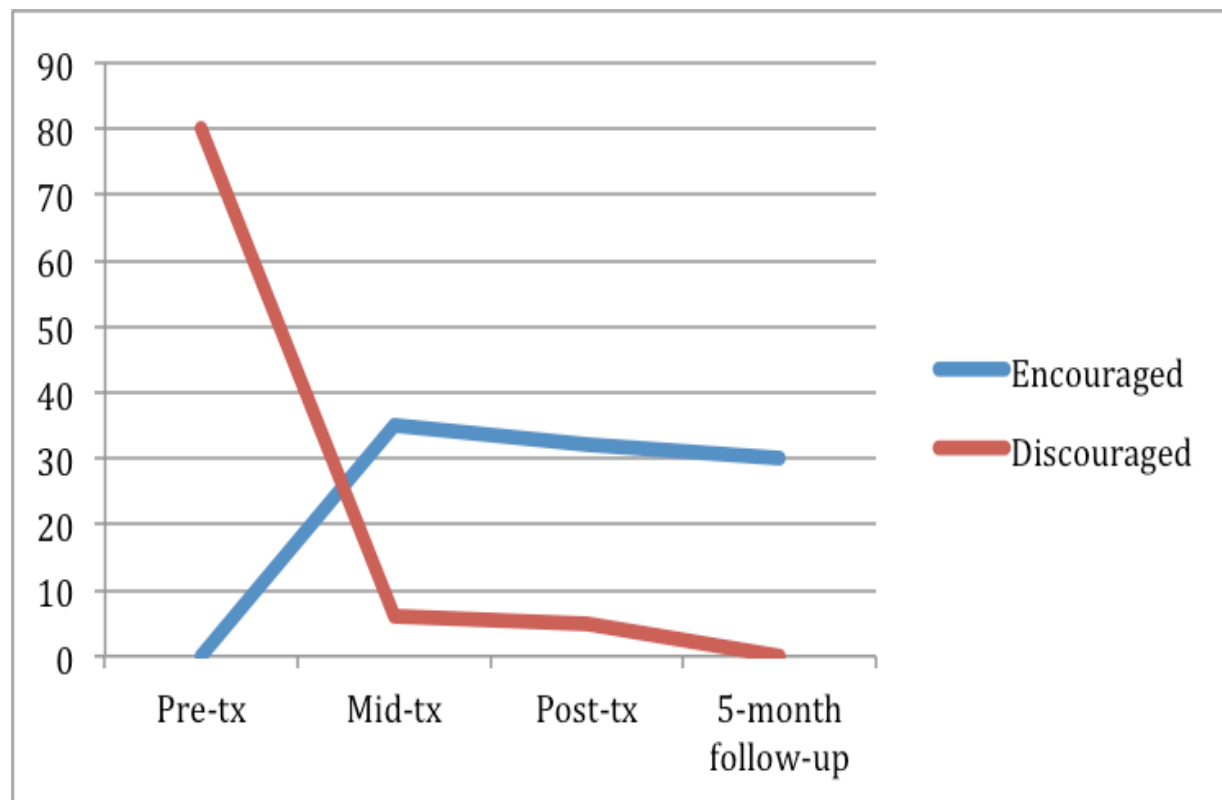
Robert & Mo reunified...



PCIT: A case example

Discussion

Robert



Enc: P, R, BD

Dis: CS, Q, NTa

PCIT & Foster Parents:

PCIT and Foster Parents

Timmer, Sedlar, & Urquiza:

PCIT works with
foster parents!

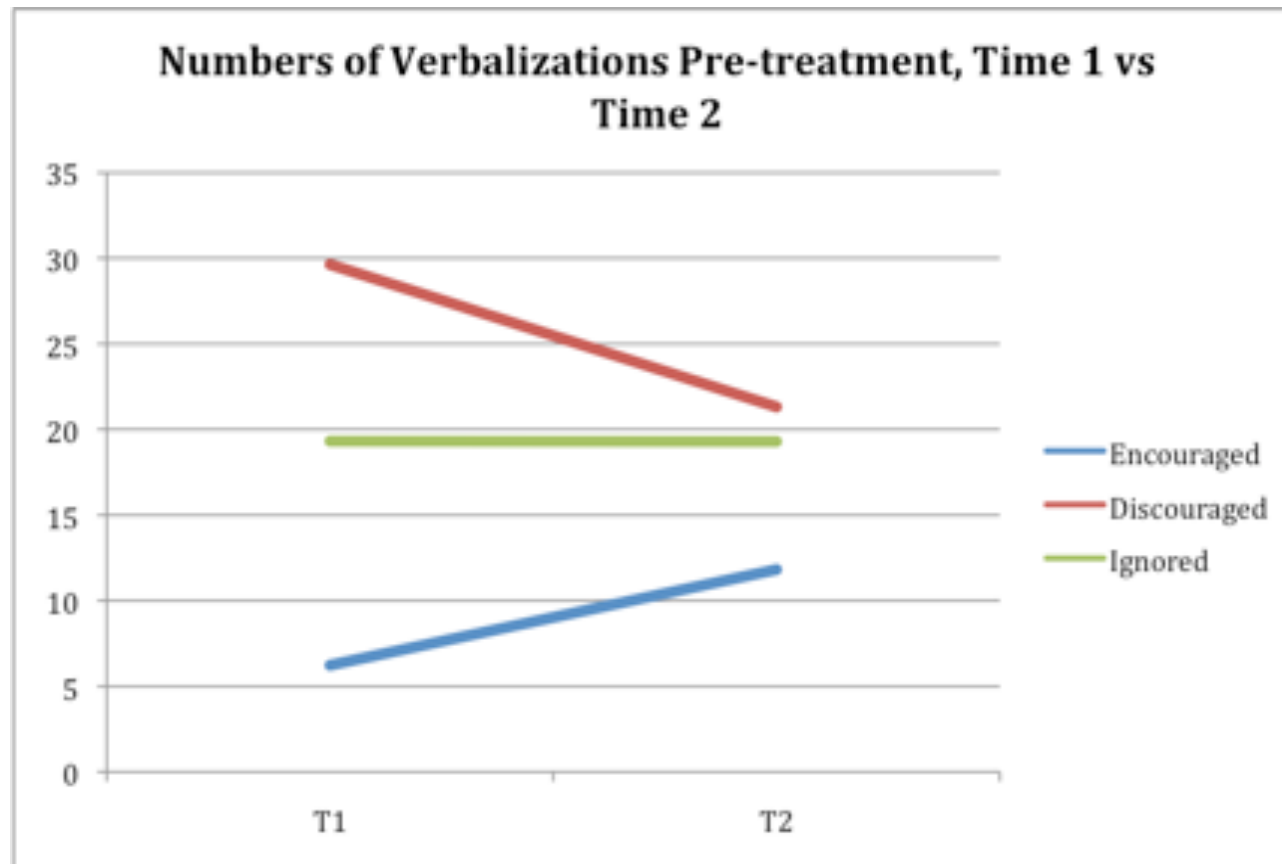


Brief review of 'repeat' foster parents

- Sample: N = 22 (entered PCIT X2 with different children)
- Average time between tx = 3.2 yrs

PCIT & Foster Parents

Discussion



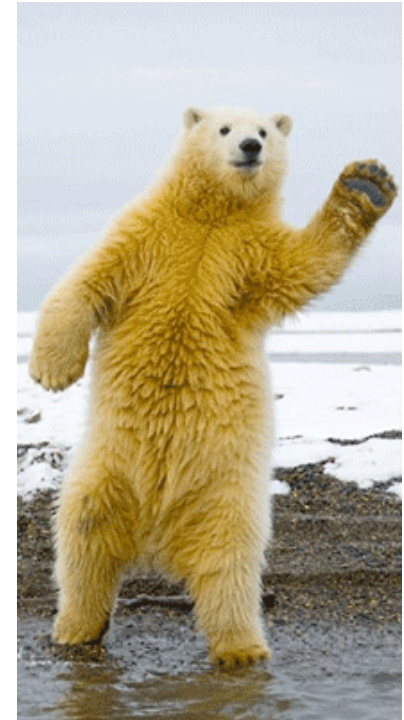
Enc: P, R, BD

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**

PCIT and Social Workers

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

<u>AFFILIATION</u>			
		<i>positive</i>	<i>negative</i>
<u>STRENGTH</u>	<i>positive</i>		
	<i>negative</i>		



PCIT and Maltreated Children

<u>AFFILIATION</u>	
<i>positive</i>	<i>negative</i>
<u>STRENGTH</u>	
<i>strong</i>	These are your children! Hostile coercive relationship (Physical Abuse)
<i>weak</i>	Depression? Substance abuse?

