PCIT With Depressed Caregivers

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Depression Affects the Parent-Child Relationship

- Children may act out or become controlling
- Parents not engaged or emotionally available
How Depressive Symptoms Affect PCIT Performance

- Negative view of child
- Parent may be unmotivated to change
- Unresponsive to coaching
- Homework not completed
- Not using skills as taught
- Inconsistent attendance
- Risk for early termination
Working with this population requires a lot of case management.

The goal is to keep these families in treatment.
Interventions & Case Management

- Rapport with parent
- Early discussion about depression
- Psycho education
- Therapy
- Medication evaluation
- Problem solving to reduce stress
- Other resources and services
- Follow up
Coaching Depressed Caregivers

- Praises may be too difficult
- Increase descriptions & reflections
- Reinforce all verbalizations or attempts
Pre-Treatment DPICS
Post-Treatment DPICS