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Parent Child Interaction Therapy & ADHD

PCIT & ADHD Research
- In PCIT studies, parents report a reduction in ADHD symptoms post PCIT treatment (Funderburk, et. al, 1998; McNeil, et. al., 1991; Seib, 2009).
- McNeil and her colleagues (1991) found that post PCIT treatment, children showed a reduction in oppositional behaviors at home and school, while ADHD behaviors in the school setting decreased only somewhat.
- Dr. Sheila Eyberg and her colleagues are conducting additional research examining the efficacy of PCIT treatment for young children with ADHD (Project Shape at www.pcit.org).

Labeled Praises targeting ADHD
- Reinforce positive behaviors that are the opposite of ADHD
- Praise becomes part of the children's self-talk

Reflections
- Slows down children and helps organize their thoughts
- Models good listening skills

Descriptions
- Nicely paced descriptions can calm children
- Increases sustained attention on one activity
- Helps children learn to slow down and think about what they are doing.

“How can he have an attention deficit when he has so many nice things to hold his attention?”
**Active Ignores & ADHD**

- Avoids giving negative attention & avoids power struggles
- If the parent ignores minor misbehavior, the child might get bored and shift to more appropriate behavior
- The parent might need to redirect to an appropriate and fun activity

**PCIT Rules**

*...stay in your seat & play gently*

- Provides structure and containment
- Opportunity to practice ignore and redirect
- Children can learn to remind themselves of the rules
- Good way to reinforce similar rules at home and school

**Parent Directed Interaction**

- Give specific commands
  - “Please clean up the Legos quickly and gently.”
- Avoid repeating commands & just start counting
- Time out helps the child calm down, think, & make a better choice

**Modulation**

*slow them down*

- Calm, indoor voice
- Speaking slowly with brief statements
- Model how to pause, relax, & think
- Recovery, Reconnect, Reset

**Modulation**

*keep them interested & contained*

- Nice pacing of verbalizations
- Enthusiasm & humor
- Physical affection
- Interesting, creative, & interactive play

**PCIT VIDEO**

*“Slow Motion”*