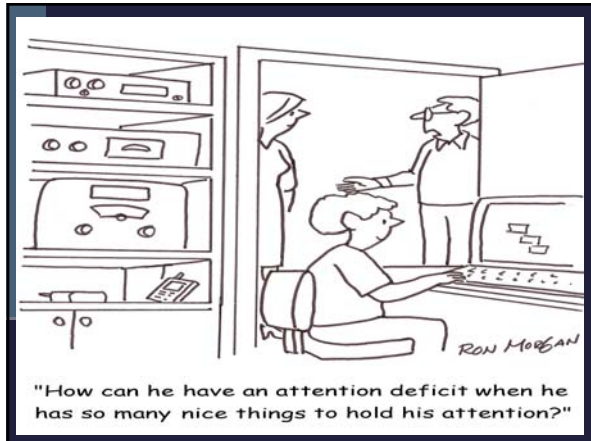


## Parent Child Interaction Therapy & ADHD

Karrie Lager, Psy.D.  
16430 Ventura Blvd. Suite 203  
Encino, CA 91436  
310.869.4866 drkarrielager@gmail.com

## 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](http://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.



## 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

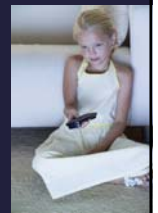
## Parent Directed Interaction

- 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"*

