

UCDAVIS
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PCIT
Training
Center

PC-CARE: A Case Study

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OBJECTIVES

1. Understand the goals of PC-CARE and how they differ from PCIT.
2. Understand why certain children might benefit from PC-CARE.
3. Hear about the PC-CARE protocol.
4. Hear about how PC-CARE worked with one client.

PC-CARE

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so,
what is
this?

- 6 week intervention
- Teach & coach parents and children
- PRIDE skills
- Parenting skills

WHY?


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PC-CARE vs. PCIT

PC-CARE	PCIT	Same vs. Different
<ul style="list-style-type: none"> PRIDE skills coached every session No mastery 6 mini-didactics Teach/coach many strategies to manage behavior Involve child in teaching 6 sessions 	<ul style="list-style-type: none"> PRIDE skills coached every session 10-10-10 mastery 2 hour long didactics Focus on direct commands & time out to manage behavior Parents are the focus of teaching Number of sessions not limited 	<ul style="list-style-type: none"> SAME DIFFERENT DIFFERENT DIFFERENT DIFFERENT DIFFERENT



Intake assessment DPICS (4-4-4); What is PC-CARE? Effects of trauma on children

Session 1 PRIDE skills; transitions; environment

Session 2 PRIDE skills; selective attention; redirecting; calming


Session 3 PRIDE skills; rules; positive incentives

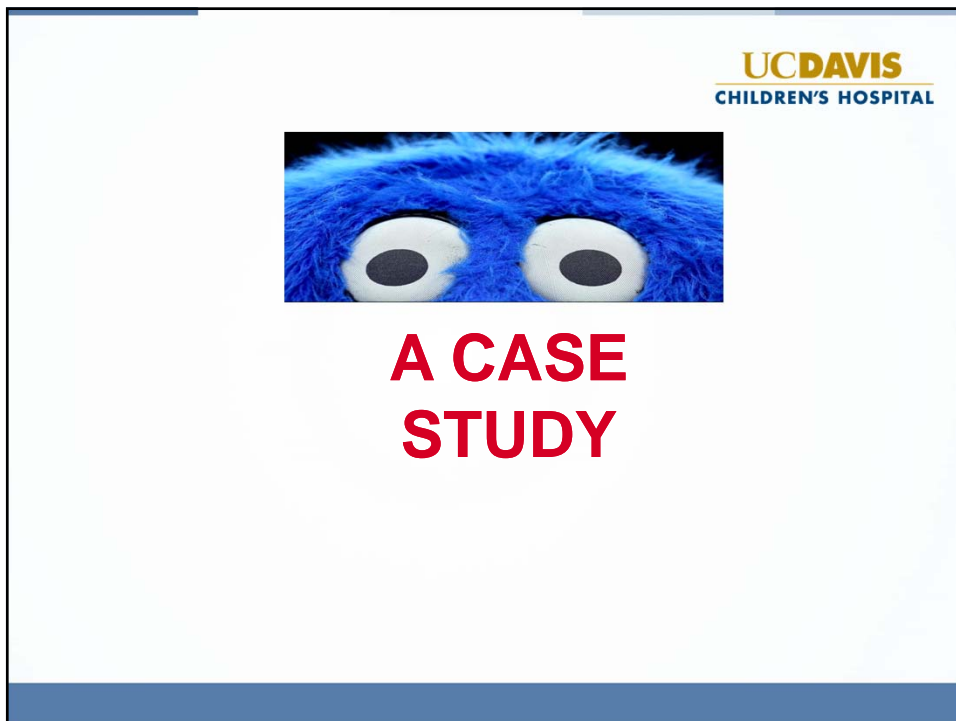
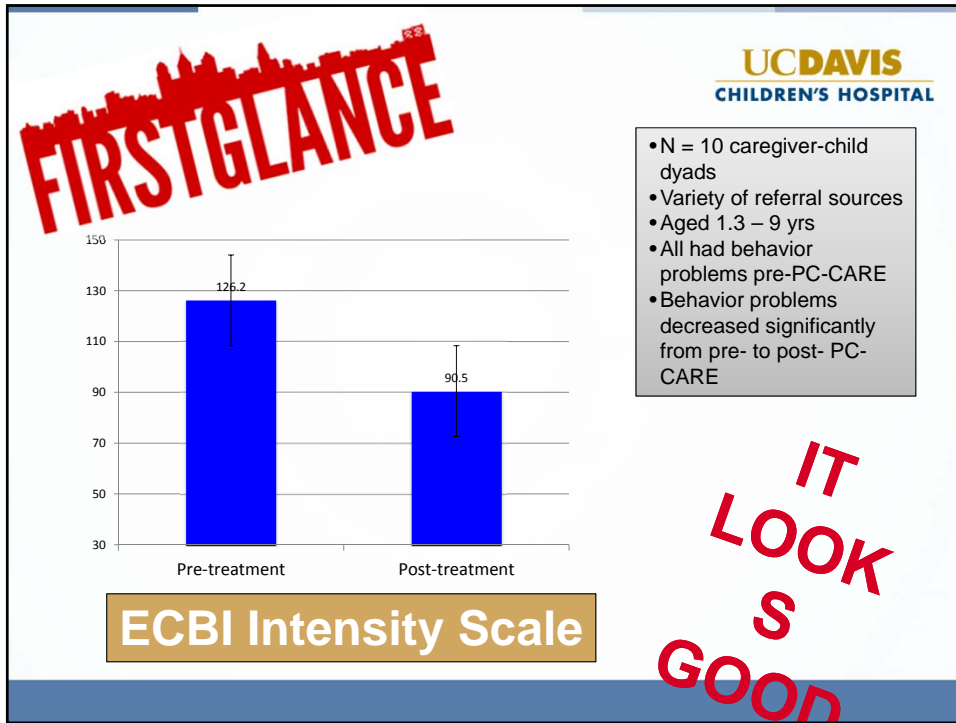
Session 4 PRIDE skills; BE DIRECT; removal of privileges

Session 5 PRIDE skills; recovery; redo/ hand over hand

Session 6 Post DPICS; PRIDE skills; most effective strategies; and putting it all together

PC-CARE PROTOCOL





CASE STUDY

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Ryan

- 4 year old Caucasian male
- Lives with:
 - **Mother** – Ms. W, Primary caregiver
 - Father
 - 20 month old sister
- Attends Transitional Kindergarten
 - Calls from teacher multiple times per week due to aggression toward peers

CASE STUDY

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Presenting Problems

- Strong-willed
- Defiant
- Aggressive (e.g., hitting children at school and family members)
- Trouble getting reading in the morning and bedtime
- Cries easily

- Ms. W believed her parenting skills were ineffective & was motivated to learn

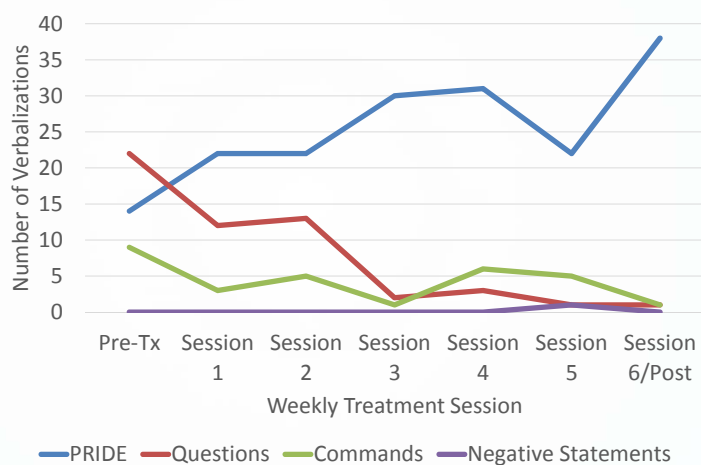
PRE-DPICS

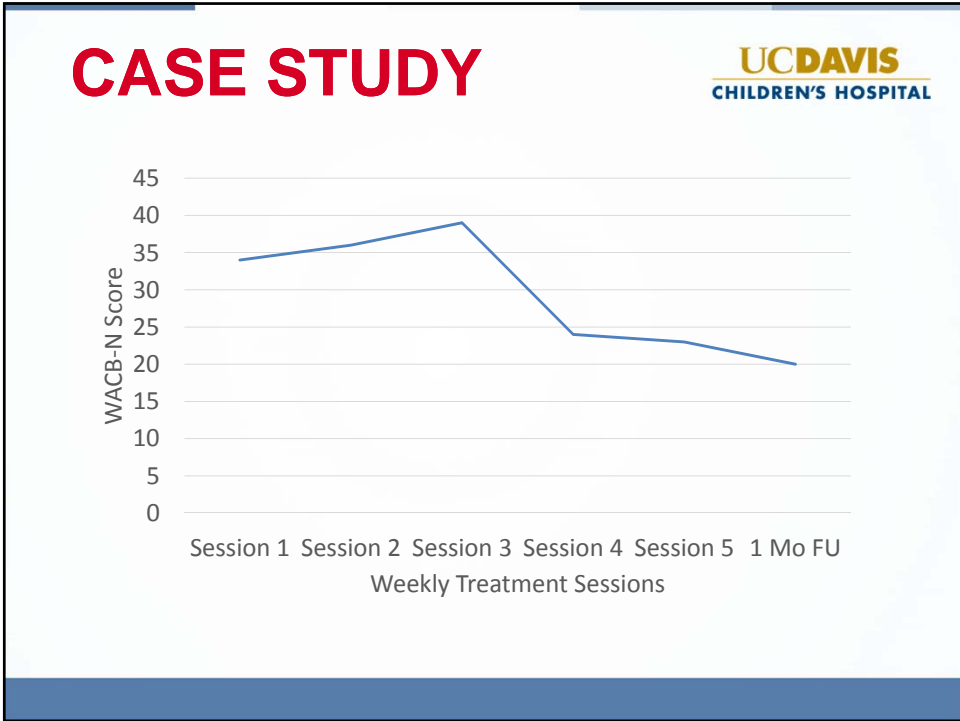
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CASE STUDY

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CASE STUDY



Measure	Pre-Treatment	Post-Treatment
Eyberg Child Behavior Inventory (raw scores)		
Intensity Score	160*	79
Problem Score	14	1
Parenting Stress Index – Short Form (T-scores)		
Parental Distress	43	44
Parent-Child Dysfunction	55	51
Difficult Child	66*	57
Total Stress	55	51

CASE STUDY

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Post-Treatment

- Respectful
- Listens well
- More relaxed and enjoyable relationship with Ms. W
- No calls from school – no hitting
- Kind toward sibling
- Calms himself when frustrated
- Ms. W feels confident in her parenting

POST DPICS

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WRAP UP &

QUESTIONS

CONTACT US

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