Application of PCIT: Two case reviews conducted in Spanish for simple phobias

By
Dr. Jose Cholula, MA, EdD
Maria

Kindergartener with high levels of anxiety. The initial trigger happened one day while watching TV. After that, the client became afraid of televisions, then videos and loud noises in different settings. In the initial intake session, the client was crying excessively and seemed worried.

Jose

Preschooler with high levels of anxiety. The initial trigger happened in a restroom with an overflowing toilet. One day, he went to the bathroom at school, flushed the toilet. This incident led to high levels of anxiety at home, school and social settings. Jose generalized his fear of water to anything related to water, the weather and loud noises.
Classical and Operant Conditioning

Because people consistently avoid the conditioned stimulus, they never have an opportunity to extinguish the conditioned fear.

Because Jose consistently avoid waiter, he never has the opportunity to reduce his levels of anxiety.
Modalities for Anxiety

In Vivo Exposure with Response Prevention:
- Exposes the client to the feared object (CS) or situation while preventing him/her from engaging in cognitive or behavioral avoidance (Wolizky-Taylor, et al, 2008).

Flooding: Exposure to the most anxiety arousing for a prolong period of time.

Graded Exposure: Exposure to minimal anxiety and gradually increases to intense anxiety.
Acquisition Skills

Cognitive Self-Control

1. Relaxation
   Maria, please do ten breathing exercises.

2. Visualization of a pleasant scene

3. Positive self-statements
   I am brave, I am strong, and I am a tough cookie.

4. Parental reinforcement for appropriate behaviors
   Consistency of labeled praises throughout treatment.
# PDI Sessions

<table>
<thead>
<tr>
<th>Case #1: Maria</th>
<th>Case #2: Jose</th>
</tr>
</thead>
<tbody>
<tr>
<td>PDI #7: Skill acquisition</td>
<td>PDI #7: Skill acquisition</td>
</tr>
<tr>
<td>PDI #8-10: Introduced a video &amp; sound</td>
<td>PDI #8: Introduced a potty chair</td>
</tr>
<tr>
<td>PDI #11: Introduced a portable DVD</td>
<td>PDI #9: Introduced the water pouring</td>
</tr>
<tr>
<td>PDI #12: Introduced the TV</td>
<td>PDI #10: Introduced the bathroom</td>
</tr>
<tr>
<td>PDI #13: Control over the TV</td>
<td>PDI #11: Control over the bathroom</td>
</tr>
</tbody>
</table>
Spanish Speaking Parent

Advantages
- Parental involvement
- Parent view the PCIT therapist as the expert.
- Learn to identified the signs and symptoms.

Disadvantages
- Maria: Parent may display projections of anxiety.
- Maria: Slow learning process with CDI and PDI.
- Jose: Giving labeled praises.
- Jose: Transitions with code switching.
The Child

Advantages
- Not alone in treatment process.
- Learned coping skills directly from parent.
- Received support guidance and empowerment from parent directly across settings.

Disadvantages
- Maria: Difficulties verbalizing signs and symptoms.
- Jose: Difficulties generalizing across settings.
PCIT Therapist

Advantages
- Transition of PCIT to individual therapy

Disadvantages
- Transference from parent
  - No progress in CDI or PDI phases
- Counter transference
- Acculturation