PCIT for Spanish Speaking Parents and Immigrant Families

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Immigrant Families

- Case Example
- What is an Immigrant Parent?
- Spanish Speaking/Immigrant Families
  - Aspirations for Children
  - Child’s Acculturation
- Immigrant Families in Southern California
Population Barriers

- Mental Health Services
  - Stereotypes
  - Unfamiliarity to mental health services
  - Provide psycho-education
  - Normalize their point of views

- Education Barriers
  - Language barriers
    - Regions
  - Slow learning process
  - Acculturation
  - Housing
Cultural Norms

Methods of Discipline
- Corporal punishment
- “La Chancla, yelling, etc.”

Social Interactions
- Parties, church, shopping stores, swap-meet

Medial Influence
- Soap operas
- Short films
  - La Rosa de Guadalupe
  - El Dicho
Common Diagnosis

- Oppositional Defiant Disorder
  - Aggression toward parent
  - Sassing back to parents
  - Refusing to follow directions

- Conduct Disorder
  - Hitting, fighting, destroying property

- ADHD
  - Impulsive, inability to control energy
  - Behavioral symptoms lead to other underlying diagnosis
Barriers in PCIT

Potential Barriers in PCIT

Intake
- Illiterate
  - Read signs of expressions by the parent
  - Complete intake paperwork with the parent if necessary

DPICS
- Emotional affect
- Poor interaction

CDI
- Relationship enhancement
- Supportive communication

PDI
- Compliance with BE DIRECT vs. corporal punishment
- Teaching management skills
CDI Tips

- Praise
  - Thank you for; Gracias por…
  - I am proud of you for; Estoy orgulloso/a por
- Reflect
  - Mirror; Espejo
- Imitate
  - Imitar
- Describe
  - Phone; Telefono
- Enjoyment
  - Enjoy every minute; El ultimo dia
PDI Tips

Two Choice Time Out Sequence

- Model
- Focus on few steps at a time of, not all 12 steps at once
- Flashcards
- Educate parents to plan ahead
  - Automatic time out
    - Parties, Church, Park, Markets, Swap-Meet

Automatic Time Outs

- Model
- Teach on few steps at a time of, not all 10 steps at once
- Select and describe a specific space/location for time out
PDI Tips

House Rules
- Rules are always on effect
- Child breaks house rule use;
  - Automatic time out or two choice removal of privileges
- Logical and natural consequences
- Consider multi-families systems
- Consider possible language barrier
  - Culturally accepted house rules
    - Hierarchy
    - Family values
    - Family traditions
Tips for PCIT Therapist

- Awareness of cultural factors
- Awareness of barriers for parents and PCIT therapist
- The learning and application of PCIT is slow
  - Language
  - Philosophy
  - Cognitive
  - Mental health diagnosis
- Patience is essential
- Modeling is essential
- Awareness of transference/countertransference