

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 underlie diagnosis



# Barriers in PCIT

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## ❧ 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