

The Investigation of Resilience Processes of Parent-Child Interaction Therapy: Advances and Barriers

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Plan for Today

- Link two disparate bodies of literature
- Elicit feedback from experts (YOU!)
- Discuss recent advances and barriers
 - Project Connect



Acknowledgments



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Activating Prior Knowledge

Group Discussion #1

- What is resilience?
- What comes to mind when you hear the word resilience?



Bridging the Gap

PCIT



Resilience

What is Resilience?

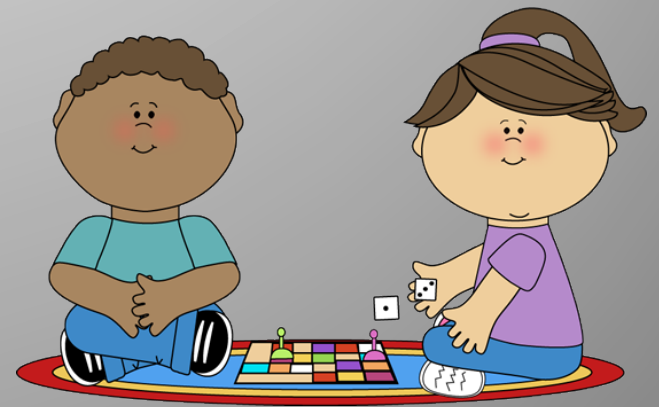
- Conceptual definition:

“the capacity of a dynamic system to withstand or recover from significant threats to its stability, viability or development” (Masten, 2011, p. 494)



What is Resilience?

- Operational definition:
 - Achievement in developmental tasks
 - Follow rules of play
- Sensitive to culture and time



What It's Not

- Resilience is not a one-dimensional, dichotomous attribute
 - Resilience is not a trait



“Sometimes researchers describe particular personality traits or personality types as being “resilient personalities”; this name is problematic if it suggests that resilience is a stable characteristic of a person. Personality traits undoubtedly contribute to the development of resilience (and maladaptation), both overall and in specific outcome domains, but the processes involved are complex”

Why Study Resilience in the Context of PCIT?

- Goal is to promote adaptive functioning despite risk



Diagnosing Resilience

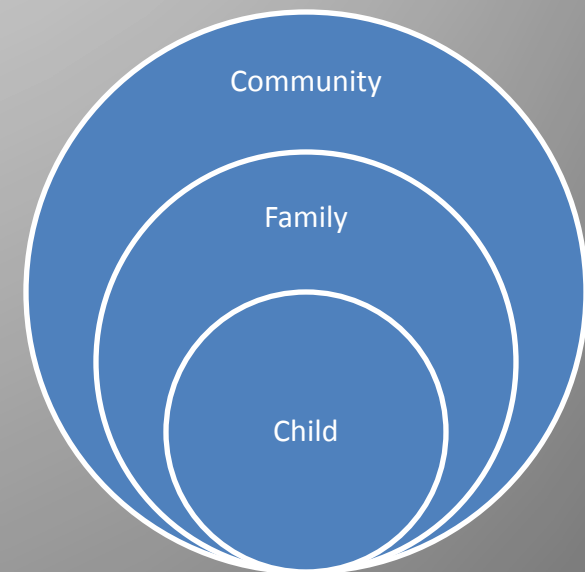


- Two key judgments must be made:
 1. Has there been a major challenge to the function of the system (exposure to a threat)?
 2. Must diagnose how well the system is functioning, or the positive adaptation.

“At the heart of any resilience research is this question: is this system doing what it is supposed to be doing?”

But How?

- Strengthen protective factors
 - Improve probability of success or help to reduce the impact of risk on functioning
 - Individual, Family/Relational and Community/Environment
- Mitigate risk factors
 - Reduce negative parenting



Group Activity #2

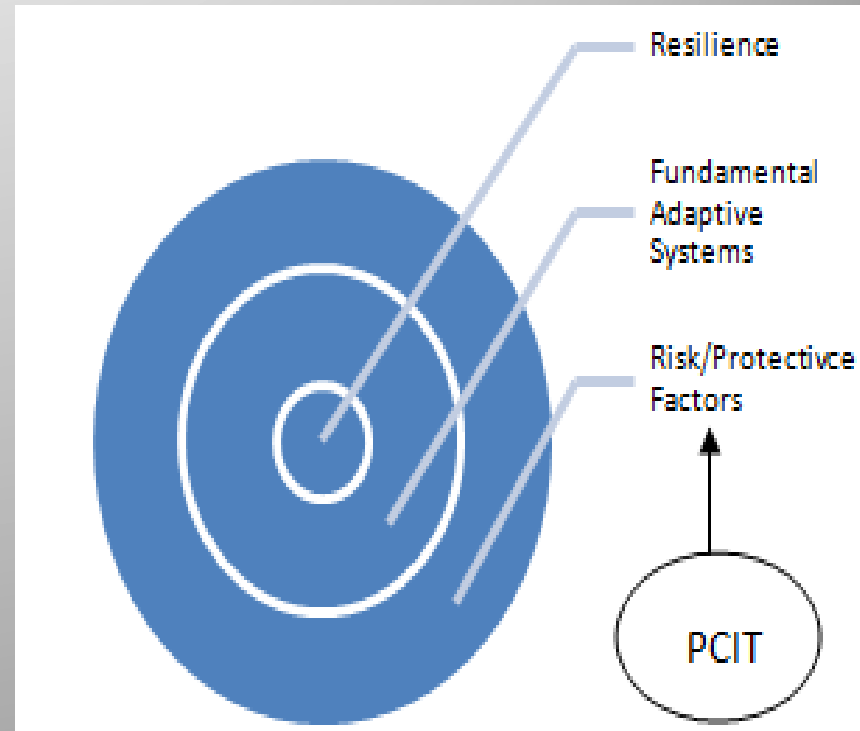
Which ones might PCIT affect?

- Effective parents and caregivers
- Connections to other competent and caring adults
- Problem-solving skills
- Self-regulation skills
- Positive beliefs about the self
- Beliefs that life has meaning
- Spirituality, faith and religious affiliations
- Socioeconomic advantages
- Prosocial, competent peers and friends
- Effective teachers and schools
- Safe and effective communities



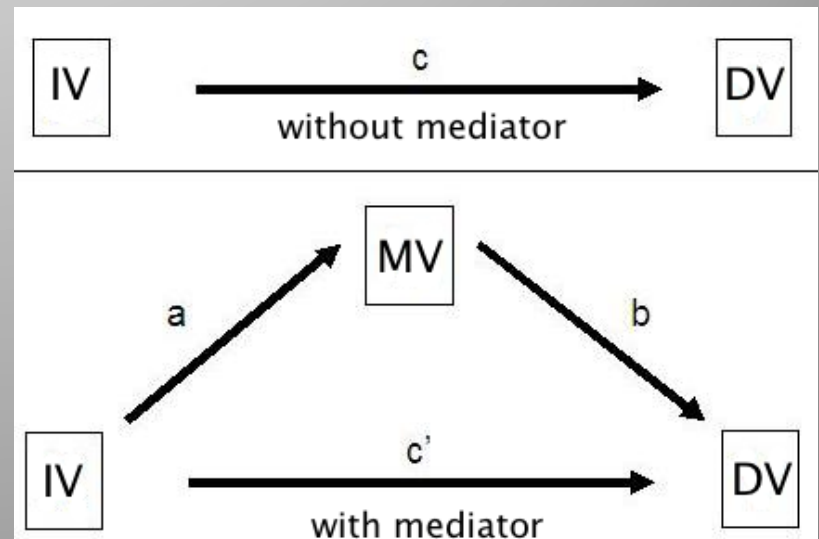
Fundamental Adaptive Systems that PCIT May Affect

- **Attachment Relationships and Families**
 - Effective parents and caregivers
- **Agency and Mastery Motivation**
 - Positive Beliefs about the Self
 - Self-efficacy
- **Self-Regulation**
 - Emotion regulation
- **Learning and Intelligence**
 - Problem-Solving Skills
 - Cognitive functioning



Barriers

- Lack of resilience measures
- Varying definitions of resilience
- Attrition
- Little work in attachment
- Few mediation studies



Advances

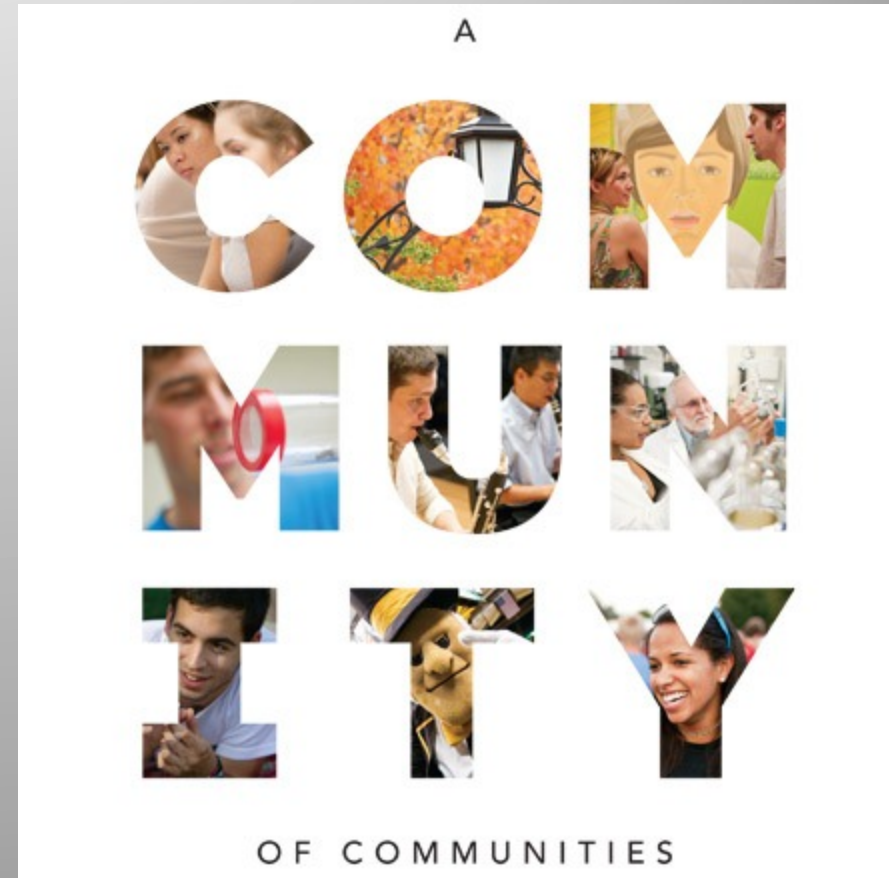
Early Childhood Measure of Resilience (ECMR)

- Guided by Item Response Theory
- PCIT Specific
- Four Subscales (Based on PCIT Domains)
 - Attachment
 - Behavioral
 - Cognitive
 - Self-Regulation



Advances

- Adaptations
- Statistical Analyses
- Community Partners



Project Connect: Adapting PCIT

- ❑ Two Full-day trainings with 6-8 dyads
 - Psychoeducation & high-quality child care
 - Group-based PCIT activities
 - Individualized PCIT with lead clinician
 - Observational learning

- ❑ Phone consultation & homework



Project Connect: Results

- Reduced overall parenting stress
 - ✓ Perceived children as less difficult
 - ✓ Perceived improvement in parent-child interactions



- Improved verbal & non-verbal parenting behaviors
- Reduced child externalizing symptoms **and** internalizing symptoms
- Emotion regulation...

Future Directions

- Psychometrics on ECMR
- Motivation
- Mediation
- Well-Being
- Serve children who are vulnerable

Summary

- “Resilience is what happens when adaptive systems that have developed in the lives of individuals, within themselves, their relationships, and their environments, work effectively to maintain or restore competence in development” (Masten, 2011)
- We believe that PCIT helps to strengthen protective factors in a variety of adaptive systems, but we must prove it

Questions?

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