PC-CARE: A Brief Intervention for Caregivers and Children Together

What is PC-CARE?
PC-CARE is a 6-week intervention designed to improve the quality of the caregiver-child relationship and to teach caregivers skills to help them manage their children’s difficult behaviors. In PC-CARE, therapists teach and coach caregivers to increase their positive caregiving skills and to find the behavior management strategies that are most effective for their family.

Who is PC-CARE for?
• Caregivers who:
  o Are interested in improving their relationship with their child and in learning new caregiving skills
  o Have had their child in their custody for a long or relatively short time (e.g., foster, adoptive, relative, reunited parent)
  o Are willing to spend five minutes in play with their child daily
• Children who:
  o Are between the ages of about 1 and 10 years
  o May be disruptive, defiant, and/or aggressive at home and/or school
  o May have experienced a traumatic event that is impacting behaviors and/or relationships
  o May be adjusting to a new home (e.g., foster, reunification) or situation (e.g., parental separation, new sibling).

Goals of PC-CARE:
• Improve Caregiver-Child Relationships:
  o __________________________________________________________
• Improve Child Behaviors:
  o __________________________________________________________
  o __________________________________________________________
  o __________________________________________________________

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