

A GUIDE
For Trainees
&
Curious Others

Great Expectations

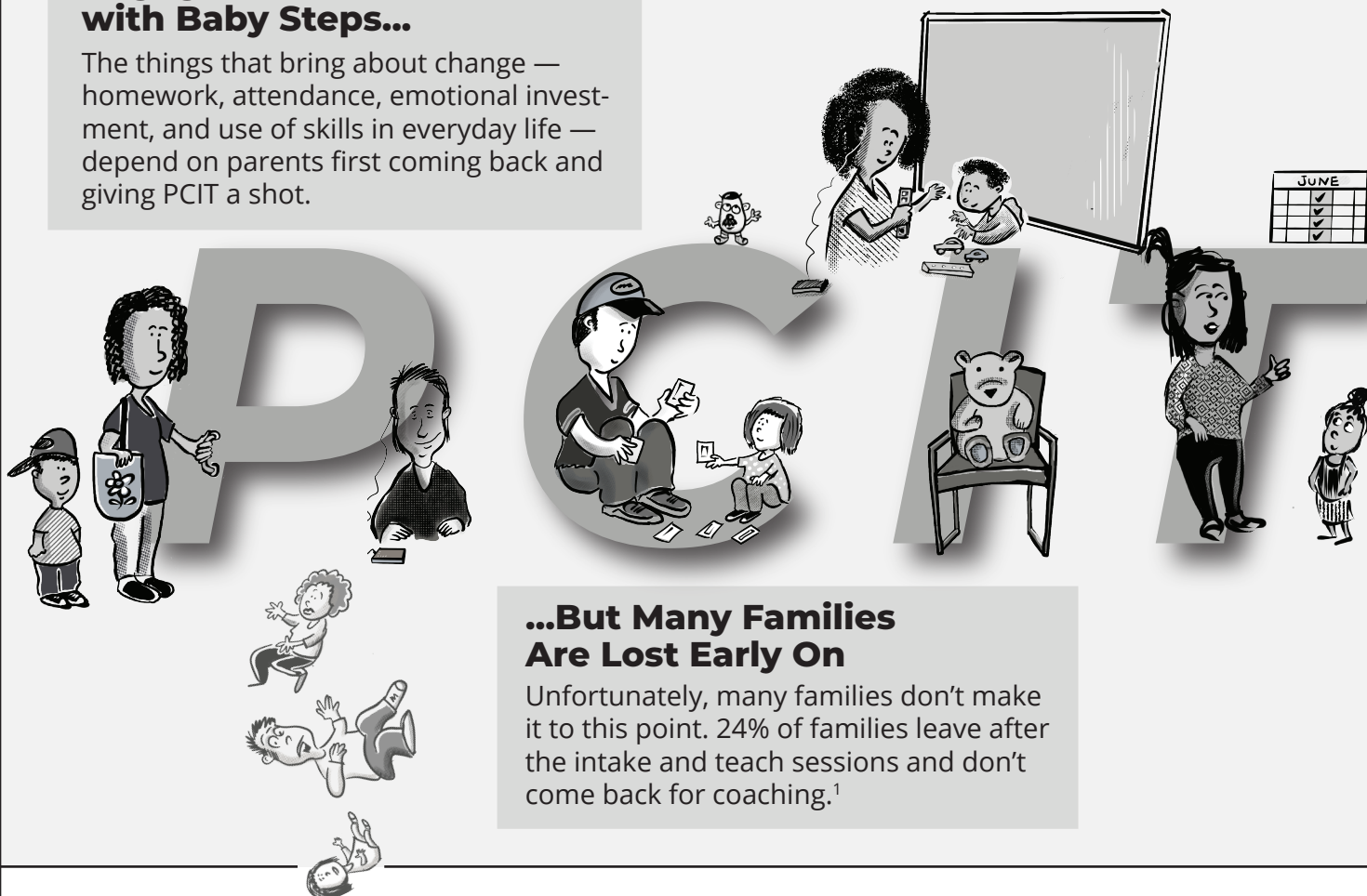
in Parent-Child Interaction Therapy

A The importance of positive expectations
B
O What gets in the way
U How to build hope
T

Note. The term parents is used to refer to caregivers.

Engagement Starts with Baby Steps...

The things that bring about change — homework, attendance, emotional investment, and use of skills in everyday life — depend on parents first coming back and giving PCIT a shot.



...But Many Families Are Lost Early On

Unfortunately, many families don't make it to this point. 24% of families leave after the intake and teach sessions and don't come back for coaching.¹

Engaging Parents from the Start Is a Must

HOW?

Research tells us engagement is influenced by 3 big things: the therapeutic relationship, beliefs, and external circumstances.² Early on, one of the key players is outcome expectations.³

Outcome Expectations:

Beliefs about the likelihood of treatment leading to change

Expectations Influence How Treatment Unfolds

Low Expectations

Parents with low expectations after the intake session are 49% less likely to come back.⁴ If they stay, they are more likely to see treatment as demanding and not that relevant.⁵

Positive Expectations

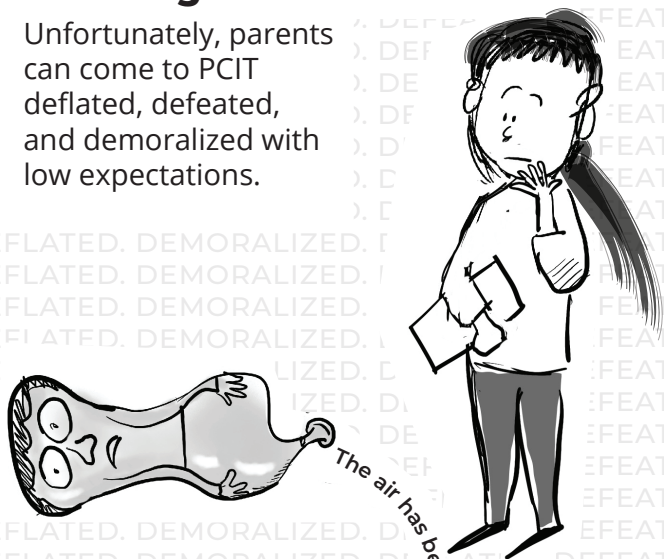
If people think treatment can help, they are more likely to show up⁶, do their homework⁷, use the skills at home⁸, and improve more.⁹

What Leads to **Low Expectations**

An exploration into the rocky road leading to PCIT

Parents Don't Always Arrive Assuming PCIT Will Work

Unfortunately, parents can come to PCIT deflated, defeated, and demoralized with low expectations.



For a parent to think PCIT will work, they need to believe in: 1) PCIT, 2) themselves as agents of change, and 3) you. All of this can be compromised by the rocky road that led to PCIT.

The Road to Low Expectations



Failed Discipline Attempts

For many parents, whatever they do, it doesn't seem to make a difference. They take action but there's no consistent reaction. This can lead to feeling helpless and like an ineffective parent.¹¹

Negative Reactions

Stares, whispers, judgmental comments, and complaints can further intensify bad feelings, and confirm beliefs about failing as a parent.¹¹



Rejection

If schools or daycares have asked the family to leave, parents can feel others have given up on them and can't handle their child.¹¹



Not Getting Far

Parents may have searched for help with no success. Professionals unequipped with the right training, or unable to offer guidance can lead parents to wonder if their child can be helped.¹¹

