PARENT-CHILD INTERACTION THERAPY
PARENT CHILD INTERACTION THERAPY

• An empirically supported therapeutic intervention model for children ages 2 – 7.

• The main concern for referral is one of the following:
  – Child’s behaviors
    • Defiance to directives
    • Excessive tantrums
    • Attention seeking behaviors
    • ADHD, ODD
  – Attachment issues
  – Caregivers’ difficulty managing behaviors
  – Caregiver stress
DEFINING FEATURES OF PCIT

• Theoretically grounded
• Scientifically based, clinically validated and empirically supported
• Parent and child together
• Emphasis on restructuring interaction patterns
• Assessment-driven not time-limited
THEORETICAL FOUNDATIONS

Social Learning Theory

Attachment Theory

Play Therapy
PARENT AND CHILD TOGETHER IN TREATMENT

• Focus is on changing behaviors of both parent and child.

• Therapist tailors treatment based on observation of parent-child interactions during treatment.

• Parent errors in application are corrected on-the-spot.
  – One-way mirror
  – Bug-in-the-ear device

• Parents can be confident the therapist understands their child.

• Therapists can assess when parents are ready to move to the next step in treatment.

• Allows accurate determination of treatment completion.

Copyright 2006 Sheila Eyberg
Every appointment begins with the parent completing an ECBI (Eyberg Child Behavior Inventory).

- Assesses conduct problems such as noncompliance, defiance, aggression & impulsivity.
- Takes 5-10 min. to complete.
- Measures include both an Intensity Scale and a Problem Scale. Both need to be at or below an established number to qualify for graduation.
<table>
<thead>
<tr>
<th>Date</th>
<th>Observation</th>
<th>CDI 1</th>
<th>CDI 2</th>
<th>CDI 3</th>
<th>CDI 4</th>
<th>CDI 5</th>
<th>CDI 6</th>
<th>CDI 7</th>
<th>CDI 8</th>
<th>CDI 9</th>
<th>CDI 10</th>
<th>PDI 1</th>
<th>PDI 2</th>
<th>PDI 3</th>
<th>PDI 4</th>
<th>PDI 5</th>
<th>PDI 6</th>
<th>PDI 7</th>
<th>PDI 8</th>
<th>Grad. Session</th>
</tr>
</thead>
<tbody>
<tr>
<td>250</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>240</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>230</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>220</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>210</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>200</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>190</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>180</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>170</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>160</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>150</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>140</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>130</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>120</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>110</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>100</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>90</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>80</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>70</td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>Session 1</td>
<td>Session 2</td>
<td>Session 3</td>
<td>Session 4</td>
<td>Session 5</td>
<td>Session 6</td>
<td>Session 7</td>
<td>Session 8</td>
<td>Session 9</td>
<td>Session 10</td>
<td>Session 11</td>
<td>Session 12</td>
<td>Session 13</td>
<td>Session 14</td>
<td>Session 15</td>
<td>Session 16</td>
<td>Session 17</td>
<td>Session 18</td>
<td>Session 19</td>
<td>Session 20</td>
<td></td>
</tr>
</tbody>
</table>
ASSESSMENT DRIVEN

• Intake includes standardized observation to establish baseline.
  – Child-directed interaction time (CDI)
  – Parent-directed interaction time (PDI)

• Graduation of PCIT determined by:
  – Step 1: Mastery of CDI
  – Step 2: Mastery of PDI
  – Overall: ECBI at or below normed scores
NECESSARY CONDITIONS

• Availability of parent(s) or other stable caregiver to partner in weekly therapy sessions with the child.
• Parent/caregiver has access to / visitation with the child at least 4-5 times each week.
• Is the child in a stable placement for at least the next three months?
• Assess for trauma and work with clinical experts to make the most appropriate referral.
WHEN NOT TO REFER

- Child is 7 or older.
- Parent/caregiver not available to attend weekly sessions.
- Parent/caregiver participating in treatment does not have access to the child to complete daily homework (aka – *Special Time*).
- Parent/caregiver is known sexual perpetrator.

Copyright 2006 Sheila Eyberg
STRUCTURE OF PCIT

• Intake / Assessment sessions - 1-3 sessions
• Child-Directed Interaction (CDI) Teach session (adults only) – 1 session
  – Describe, model, role-play
• CDI Coach Sessions (4+ sessions)
• Parent-Directed Interaction (PDI) Teach session (adults only) – 1 session
  – Describe, model, role-play
• PDI Coach Sessions (4+ sessions)
• Post-assessment / Graduation
  – typically 16-20 sessions “or so”

* Homework (aka – Special Time) occurs for 5 min. every day following CDI Teach session.
**STRUCTURE OF PCIT COACHING SESSIONS**

- Parent wears a bug-in-the-ear receiver while playing with child in playroom.
- Therapist observes and coaches from an observation room using a microphone.
- Therapist codes parent and child behaviors at start of session (5 min.).
- Therapist coaches specific identified skills based on 5 min of coding.
- *Spouses take turns being coached with child and observing spouse’s coaching.*
CHILD-DIRECTED INTERACTIONS

• **DO**
  – Praise
  – Reflect
  – Imitate
  – Describe
  – Enjoy

• **DON’T**
  – Ask questions
  – Give commands
  – Criticize

• Ignore annoying, obnoxious behavior.
• Stop the play for dangerous or destructive behavior.
Video sample of coaching CDI Skills
Video sample of coaching PDI Skills
PARENT-DIRECTED INTERACTION

Teaching Effective Commands:

– Direct (telling, not asking)
– Positive (what to DO, not stop doing)
– Single (one at a time)
– Specific
– Age-appropriate
– Given in a normal tone of voice
– Polite and respectful (Please... )
– Explained before given or after obeyed
– Used only when really necessary
– Immediate praise for instruction compliance
MAKING A GOOD REFERRAL

• How can I find a provider?
• What questions should I ask of a provider?

For more information:
• http://www.pcit.org/
• http://pcit.ucdavis.edu/
• http://www.magellanofnebraska.com/find-a-provider-ne/provider-directories.aspx

Copyright 2006 Sheila Eyberg