To Parent-Child Interaction Therapy & Beyond!
Technology & Innovation to Support Young Children & Families

Kristen F. Schaffner, Ph.D., NCSP
Ashley T. Scudder, Ph.D.
Shelley A. Hiegel, MEd, MSCP, NCC
Amy D. Herschell, Ph.D.
Modern Families
HOLD ON SNOWFLAKE
LET ME ASK
THE FACEBOOK MOMMIES

"The best advice I've ever received is, 'No one else knows what they're doing either.'" ~ Ricky Gervais

They say it takes a village to raise a child but no one ever tells you where it is or how to get there.

ADVERTISED

REALITY
Overview

- A brief overview of Parent-Child Interaction Therapy (PCIT)
- Use of Technology in PCIT
- Current Innovations
- ...and Beyond!
Parent-Child Interaction Therapy (PCIT)

What is PCIT?
- An evidence-based intervention
- For young children (ages 2.5 to 7) with disruptive/externalizing behaviors and their families

Goals of treatment include:
- Promote a warm, nurturing caregiver-child relationship
- Increase child’s prosocial behaviors while decreasing challenging behaviors
- Create an enduring change in both parent and child behavior
What is PCIT?

- Work with the parent (birth, kin, foster, adoptive) and child together
- Use of coaching with a ‘bug-in-the-ear’ from a one-way mirror
- Consists of two phases of treatment:
  - **Child Directed Interactions** (CDI) or relationship enhancement
  - **Parent Directed Interactions** (PDI) or child behavior management

Who is PCIT Appropriate For?

- Young Children (Age 2.5 up to 7)
- Children showing disruptive behaviors, such as:
  - Verbal or physical aggression
  - Defiance
  - Noncompliance
  - Temper Tantrums
  - Hyperactivity
- Parents with harsh or overly punitive parenting
- Parents who could benefit from enhanced relationship and/or behavior management skills with young children
Thinking about Learning

Time to cut loose...FOOTLOOSE

Video Clip
Supporting Families to Learn New Skills

- What did you see in the clip about strategies to promote learning?

- For those who have experience with PCIT, what resonates with you?
Use Technology in PCIT

- One unique feature of PCIT is...

LIVE COACHING
Live Coaching in PCIT

- How does it work?
Technology in PCIT

- Technology to support live coaching includes:
  - One way mirror
  - Bug-in-the ear device
  - Speakers/amplifier system
  - Walkie-Talkie
Parent-Child Together in Treatment

Time-out Chair reflection

One-way mirror

Bug-in-the-Ear

Mom

Child

Shared by Melanie Fernandez
Unique Features of PCIT: Coaching

- Live coaching provided to parent
- Benefits to coaching
  - Immediate feedback and error correction
  - Mastery and automaticity of skills
  - Consistency
  - Individualized training and support
Active Skills Training

In-vivo work with the parent and child together

Shared by Cheryl McNeil & Elizabeth Brestan-Knight
Observations

Look how much he is talking after you reflect back.

He really smiles when you praise.

She's handling feeling frustrated a little better now.

Labeled Praises

Nice enthusiasm!
Great behavior description!
Excellent labeled praise!

Directives

Say "I like how you are playing so quietly."
Praise her for being gentle.
Say it again, but describe her, not the toys.

Gentle Corrections

Sounds like a command.
Oops, a question!
Looks like a frown.
Let’s see coaching in action!

Coaching Demonstration
What makes PCIT unique?

- Parent and child together
- Theoretically grounded
- Focus on interaction patterns
- Active skills training
- Performance based (not time-limited)
- Empirically supported
- Assessment driven
Core Structure of PCIT

Child-Directed Interaction
- Parents follows child’s lead
  - Play therapy skills
  - Positive attention skills
  - Differential attention
- Attachment phase
- Foundation phase

Parent-Directed Interaction
- Parents leads child
  - Clear communication
  - Consistency
  - Reasoning skills
- Discipline phase

Shared by Melanie Fernandez
Data Driven

- Protocol includes weekly monitoring of
  - Child behavior
  - Parent skill use
- Allows for therapist to tailor treatment
- Mastery driven
Innovations in PCIT
National & Global Innovation

- Telehealth
- PCIT Mobile
- Video Review
- Pocket PCIT
Early Childhood Wellness in BHRS

- New initiative to infuse the evidence-based practices/principals of PCIT and other best practices into BHRS and in the home

- The Achievement Center, Family Behavioral Resources & Wesley Spectrum Services are participating providers in Western PA
PCIT on Social Media

www.PCIT.org
PCIT in the NEWS
Have a kid who’s out of control? A new therapy offers a kind of parental empowerment.

Prescribe this instead of using psych meds in young kids

Linking Families And Communities To Invest Over $37,000 To Bring Parent Child Interaction Therapy (PCIT) To Webster, Calhoun And Pocahontas Counties

Effective Mental Health Treatment for Young Children and Their Families
What is all the buzz about?

PCIT supports Recovery & Wellness for Families

- It works!
  - Positive changes for children, parents, and families
- Created enduring change in parent-child relationship
- Generalization
PCIT Across Pennsylvania
A Statewide Trial to Compare Three Training Models for Implementing an EBT

Pittsburgh-based Team

Pennsylvania Stakeholders and Steering Committee

PCIT Experts

Science Experts

Funder: NIMH R01 MH095750

Start Date: 9/18/12

Project Length: 5 years

Budget: 3.3 million

Project PI: Amy Herschell, Ph.D.

Project Coordinator: Shelley Hiegel, M.Ed.

Project Trainers:
- Ashley T. Scudder, Ph.D.
- Sarah Taber-Thomas, Ph.D.
- Kristen F. Schaffner, Ph.D. NCSP
Specific Aims

1) to build knowledge about training outcomes

2) to build knowledge about implementation outcomes

3) to understand the impact of training clinicians using different training methods on key child and family outcomes
PCIT in PA Summary (study + non-study)

62 Counties

113+ Agencies

286+ Clinicians

All Clinicians:
- are in or have completed training
- are now able to see families using PCIT
2011 Pennsylvania Agencies Providing Parent-Child Interaction Therapy
Present Pennsylvania Agencies Providing Parent-Child Interaction Therapy
Clinician Training in PCIT

- PCIT International’s Training Guidelines (2009; 2013)

- Training Requirements for Clinicians
  - Master’s degree or higher in the mental health field
  - Actively working with children and families.
  - Licensed in his or her field or receive supervision from a licensed individual trained in PCIT.

- Training Program
  - 40-hours of face-to-face contact with a PCIT trainer
  - 4-6 months later a 2-day advanced live training
  - Case Experience (at least 2 families, preferably 5)
  - Regular (bi-weekly) consultation/supervision over 1 year
  - Skill review
Making a Referral to PCIT

- PCIT Provider Lists

- Community Care Behavioral Health Provider Line
  - 1-888-251-2224
Thank you for your time and interest!

Amy Herschell, PhD
amy.herschell@mail.wvu.edu

Kristen Schaffner, PhD
kristen.Schaffner@mail.wvu.edu

Ashley Scudder, PhD
ascudder@whs.org

Shelley Hiegel, MEd, MSCP, NCC
hiegelsa@upmc.edu