

Second Learning Collaborative

Parent-Child Interaction Therapy (PCIT)



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Agenda

- 1:30-2pm Into & Welcome
 - Each trainee: Share a win!
- 2-2:30pm- Data Update
- 2:30-3pm- Family Engagement
- 3-3:30pm- Implementation Discussion
- 3:30-4pm- Wrap Up



Share a PCIT win!



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Data



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Family Engagement/Discontinuation Survey



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PCIT Training + Consultation Events

- First PCIT LC: October 2023
- Initial Training: December 2023 in NYC and Albany
- Billing Webinar: January 2024
- Follow-up Training: March 2024 in NYC and Albany
- Second PCIT LC: September 2024
- Third PCIT LC: Late Winter/Early Spring 2025
- Consultation calls: continue on a bi-weekly basis



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PCIT Training + Participation

- **14 official trainees from 5 organizations were trained in PCIT**
 - 1 individual is no longer participating in PCIT
- **13 clinicians/5 teams are continuing with PCIT and working towards certification**
 - **~20 families currently receiving PCIT**



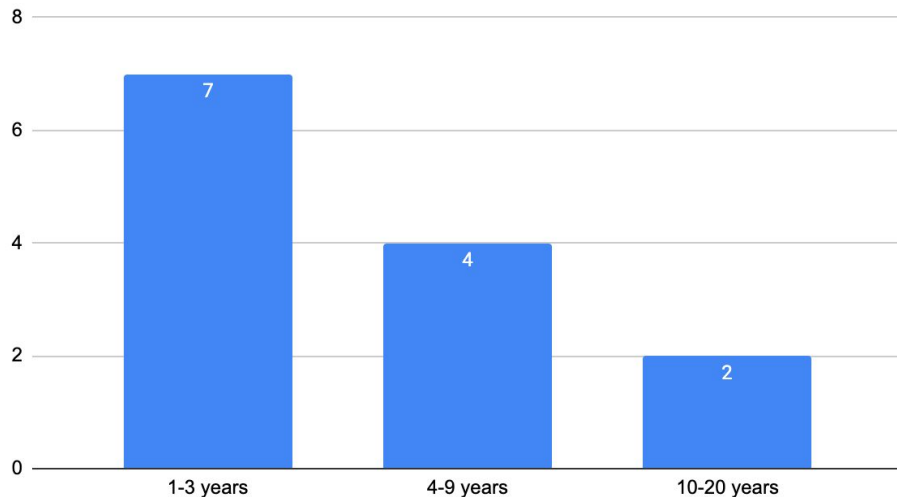
PCIT Clinician Demographics (N=13)

- 92% female
- 54% white and 31% Black
- 69% are between ages of 25-44
- 100% have a master's degree or higher
- 85% are full-time



PCIT Clinician Demographics (N=13)

How many years have you been in practice?



Length of Time with Current Agency:

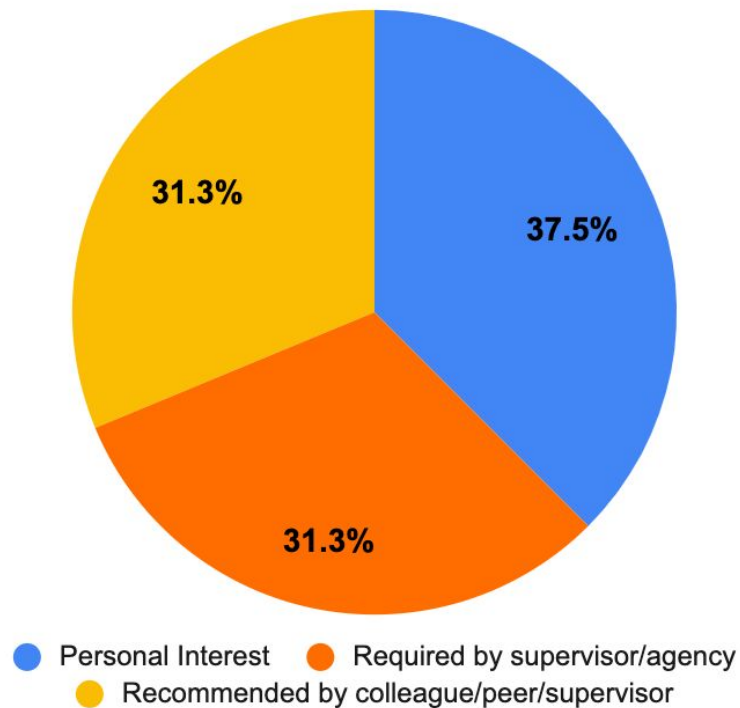
- 23% less than 1 year
- 38% 1-3 years
- 38% 4-9 years



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Why did you sign up for the PCIT training? (Select All)



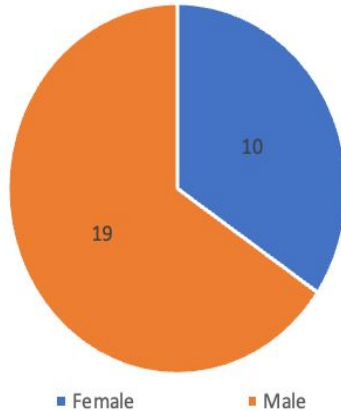
Family Demographics



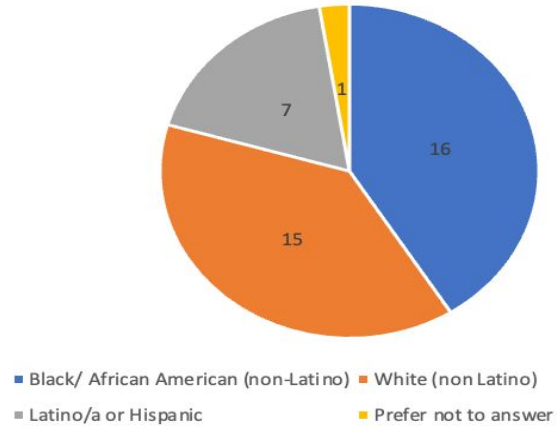
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PCIT Child Demographics (n=29)

Gender of Child



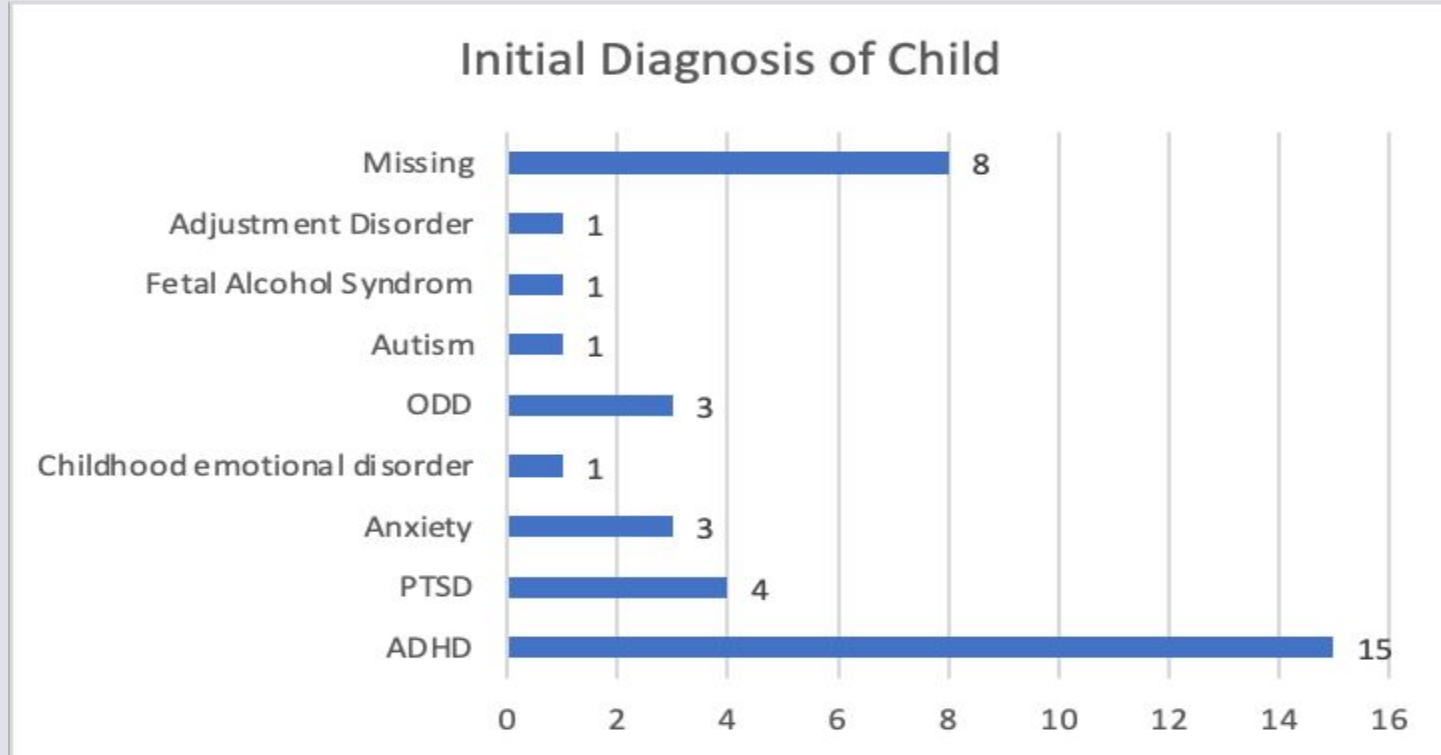
Race/Ethnicity of Child



- Age Range: 3-6 years old
- Age Average: 5.1 years old



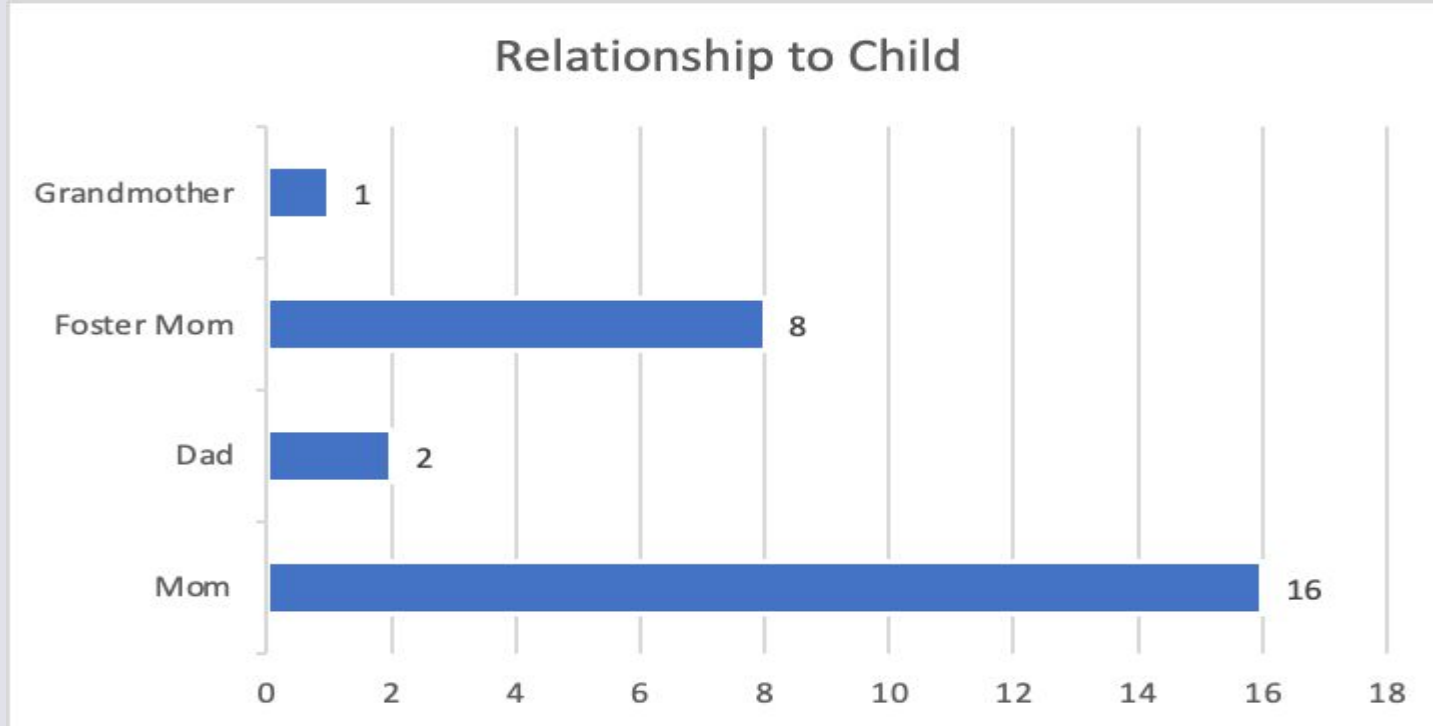
Child Diagnosis (n=29)



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PCIT Family Demographics (n=27)



Range of Family Members in PCIT: 1-2

Average number of caregivers: 1.23 (SD=0.43)

PCIT Preliminary Aggregate Data

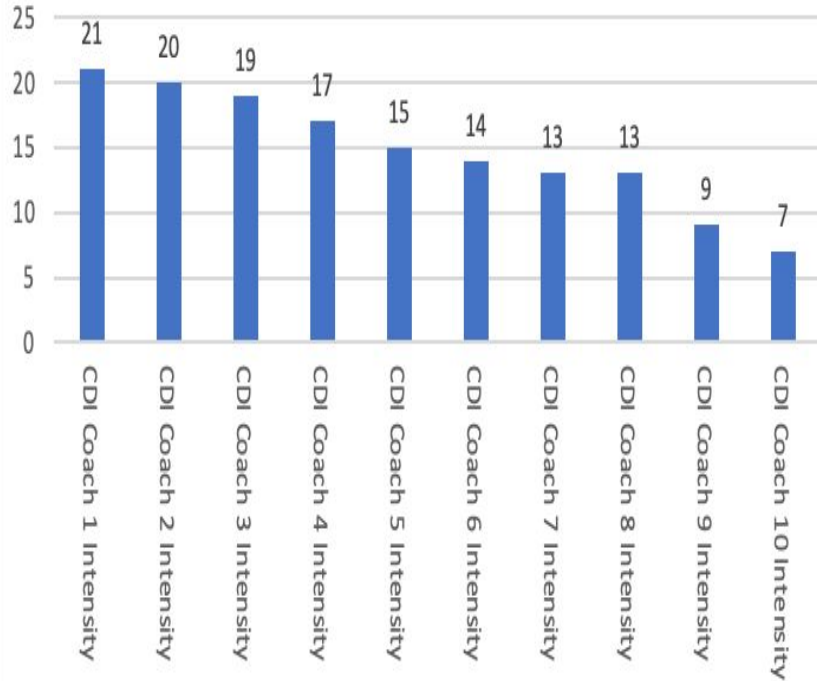


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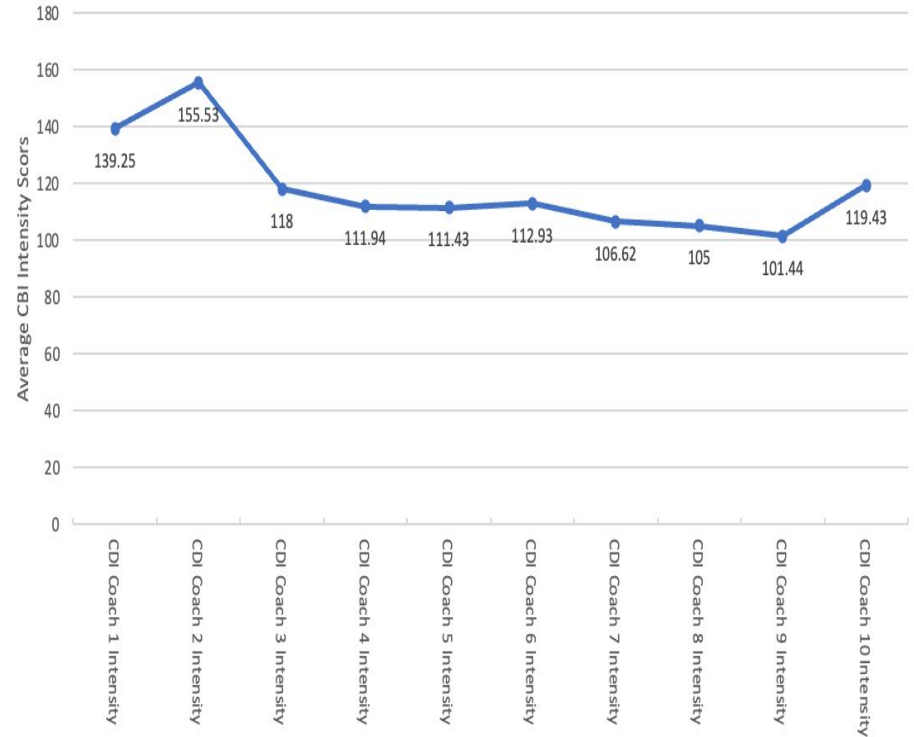
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ECBI-Intensity Scores Over Time

Clients in ECBI Intensity Data for Each Session



PCIT Intensity Scores From the First CDI Coach 10 Sessions

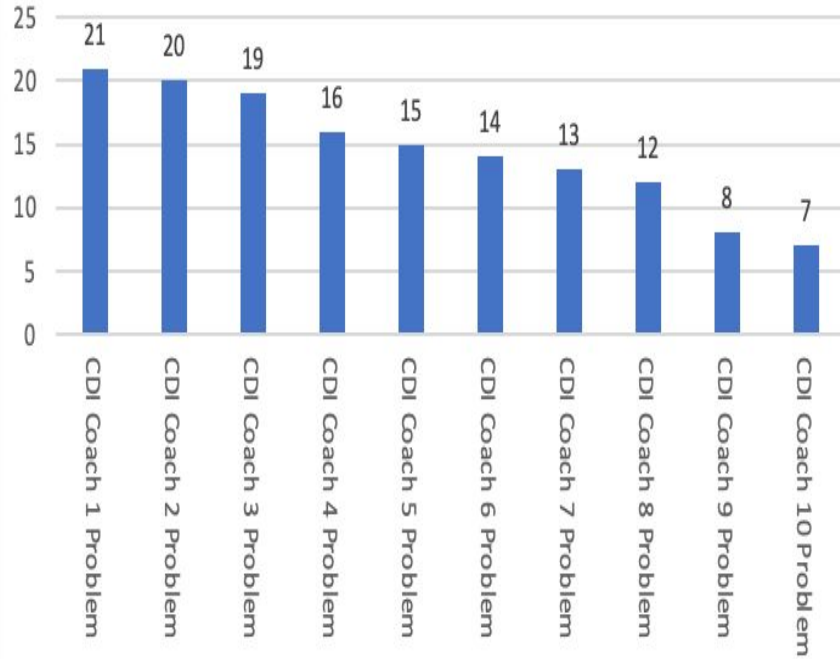


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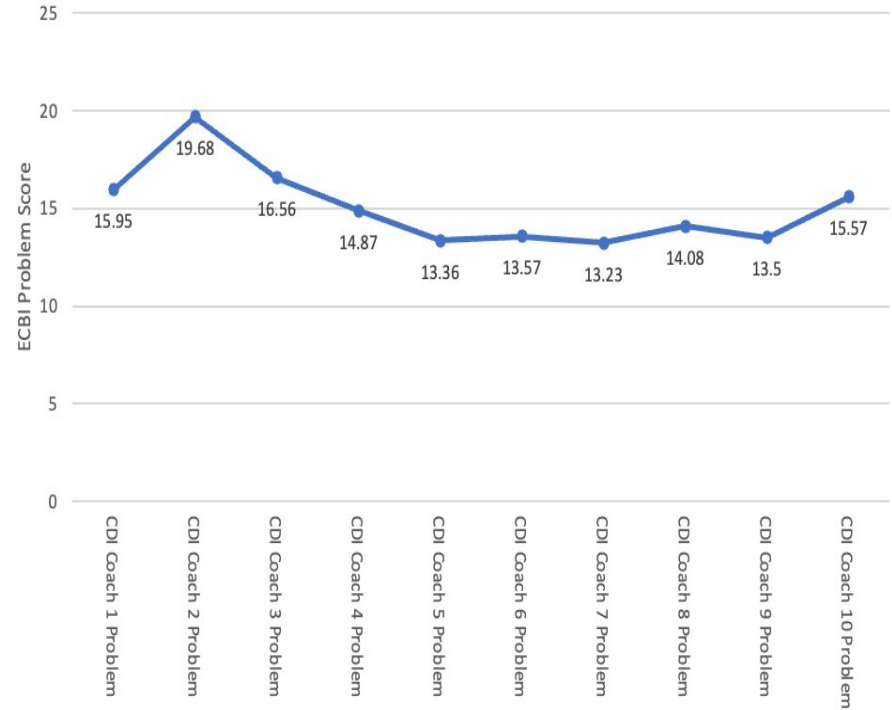
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ECBI-Problem Scores Over Time

Clients in ECBI Problem Data for Each Session



ECBI Problem Scores First 10 CDI Coach Sessions

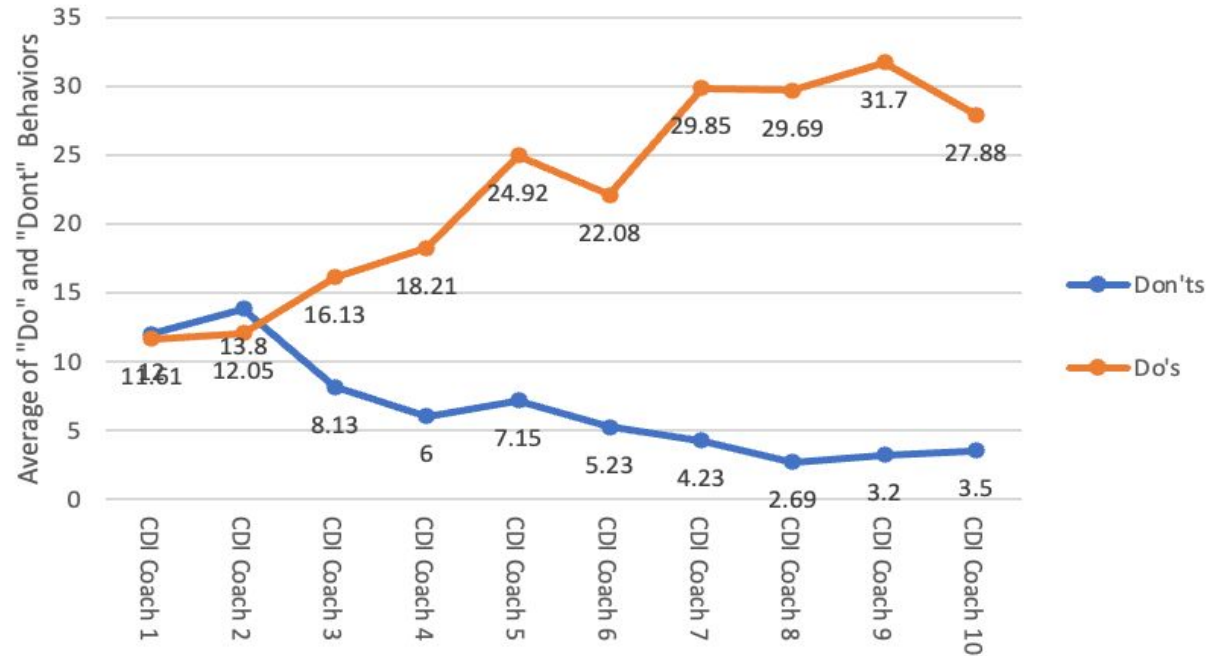


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DPICS

Caretakers' Average "Do" and "Don't" Behaviors in First 10 CDI Coach Sessions



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Family Engagement



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INTERNATIONAL

WWW.PCIT.ORG

SUCCESSFULLY ENGAGING FAMILIES IN PCIT

Larissa N. Niec, PhD
President, PCIT International
Sep 23, 2024

CMU Center for Children, Families, and Communities

Larissa N. Niec Davila, PhD

- President, PCIT International
- PCIT clinician and researcher for 25+ years
- PCIT International Global Trainer

- Licensed Psychologist
- Professor of Psychology
- Director, Center for Children, Families, & Communities

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Agenda: Successfully Engaging Families

1. What is PCIT in Family-Friendly Terms?
2. Maintaining a Family-Centered Perspective
3. Simple Psychoeducation about How Children Change

What Strategies/Explanations Have Worked for You?

WHAT IS PCIT IN FAMILY-FRIENDLY TERMS?



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Introducing Families to PCIT

- Keep the description simple and clear.
- No need to get into nitty-gritty details (e.g., NOT the time to talk about the PRIDE skills and details of PDI).
- Build caregivers' sense of hope for change.
- Let them know parents and children are involved.

Examples: Introducing Families to PCIT

“PCIT is an effective program that helps parents to help their children make real changes.”

“PCIT will add great strategies to your parent ‘tool box.’”

“PCIT includes you and your child together because you’re the forever-person for your child and I can only be in their life for a short time.”

“PCIT works because you and I will be a team working together to help your child.”

“I’ll be here to support you with live coaching while you and your child interact. That’s the way to create new ways of being together.”

Resources for Parents

- Refer parents to <https://www.pcit.org/what-is-pcit.html> for a written description of PCIT.
- Have parents watch these great videos that provide an overview of PCIT in action.
- What is PCIT? <https://www.youtube.com/watch?v=gUfMZadLhdE>
- How does PCIT help?
<https://www.youtube.com/watch?v=PgtL8s79whk>

MAINTAINING A FAMILY-CENTERED PERSPECTIVE



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Listen to a family's goals

“I want my child to listen to me when I tell them to do something.”

“I want my child to be more respectful.”

“I want my child to be better able to regulate their emotions.”

“I want a better relationship with my child.”

Use family goals to tailor your explanation

“I want my child to listen to me when I tell them to do something.”

Through PCIT, your child will learn to follow your directions.

“I want my child to be more respectful.”

PCIT can help you to increase your child’s good manners and other positive social behaviors.

“I want my child to be better able to regulate their emotions.”

Research shows that PCIT helps children to regulate their emotions and increases their ability to verbalize their feelings.

“I want a better relationship with my child.”

PCIT is all about building positive, healthy parent-child relationships.

BRIEF PSYCHOEDUCATION ABOUT HOW YOUNG CHILDREN CHANGE



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Share a Little about Why PCIT Works

- Young children change when their interactions with important adults change.
- Attachment is learned through repeated interactions with their caregivers. PCIT helps caregivers to try new, positive ways of interacting.
- Children learn behaviors that help them to get their needs met. Through PCIT, your child will learn that their positive behaviors are effective to get your attention and support.

Share a Little About HOW PCIT Works

- When you come to session consistently and you do the brief home practice that we'll talk about in the upcoming sessions, then you'll begin to see changes in your child's behavior within a few weeks.
- PCIT will work when you are able to commit to consistent attendance.
- For your child to make lasting changes, they will need your ongoing support.

How will you approach your next
potential PCIT family?



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Implementation Discussion



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Barriers Identified & Being Addressed

- Difficulty in implementing PCIT within CFTSS
 - Getting clients into the office
- Spanish translation
- Engaging families and psychoeducation
- Consent problems mainly with recording kids in foster care



Q & A



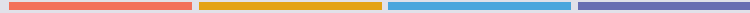
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