An Introduction to Parent-Child Interaction Therapy

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Objectives

1. Increase knowledge of Parent-Child Interaction Therapy
2. Learn when and how to refer for Parent-Child Interaction Therapy
The Problems

• Disobeying directions
• Rule breaking
• Property destruction
• Aggression
• Tantrums/ Meltdowns/ Fits/ Outbursts
• Interrupting
• Diagnoses: Oppositional Defiant Disorder, ADHD, Other Conduct Disorder
Video 1 & 2: Seeking Help

• How I decided my child needed help part 1
• How I decided my child needed help part 2
Back in time...

Development of PCIT
Constance Hanf: The Hanf Model of Behavioral Parent Training

Reitman & McMahon, 2013
Baumrind’s Research on Parenting Styles...

![Parenting Styles Diagram]

- Authoritative parenting
- Authoritarian parenting
- Permissive parenting
- Rejecting-neglecting parenting
The Hanf Two-Stage Model

“Child’s Game”
• First phase: Increase positive parent-child interaction
  • Playing with the Child
  • Selective Attention to Appropriate Behavior
    • Praise
    • Ignoring

“Parent’s Game”
• Second phase: Reduce problem behavior
  • Effective Commands
  • Consequences for Noncompliance and Rule-Breaking
    • Time Out
    • Tangible Rewards (Provision and Restriction)

Origin in Applied Behavior Analysis (Cooper, Heron, & Heward, 2007)
Constance Hanf: The Hanf Model of Behavioral Parent Training

Defiant Child (Barkley)

The Incredible Years (Webster-Stratton)

Helping The Noncompliant Child (Forehand/McMahon)

Parent-Child Interaction Therapy (Eyberg)

Reitman & McMahon, 2013
Back to the present...

Parent-Child Interaction Therapy
My Background

- Post baccalaureate work with the Incredible Years
- PCIT in graduate school
  - West Virginia University
- PCIT during post doctoral fellowship
  - Jason Jent, PhD
  - University of Miami Miller School of Medicine
- Provided PCIT for 50+ parents & children
- Co-facilitated 3 PCIT trainings for therapists
- Trained 5 therapists to competency using a mentor model
What is Parent-Child Interaction Therapy?

- An evidence-based treatment for young children with disruptive behavior
- Treatment length typically 12-20 weekly sessions
First Phase: Child-Directed Interaction

PRIDE Skills
- Labeled Praise
- Reflections
- Imitation
- Behavior Descriptions
- Enjoyment

Avoid Skills
- Commands
- Questions
- Negative Talk

Ignoring of “Minor” Misbehavior
Second Phase: Parent-Directed Interaction

• Effective Commands
• Labeled Praise for Compliance
• Time out
• House Rules
• Public Behavior
What makes it PCIT?

• The manual
• Mastery criteria
• Coaching sessions
The Evidence Base for PCIT

- Reducing recidivism in parents who have been physically abusive
- Children 2-12 years

- Children 3-6 years old
- (Children 2-7 years old)
- Disruptive behavior
- Maintenance of change for at least 2 years

- Autism Spectrum Disorder and Developmental Disabilities

Diverse Cultures:
- African American
- Hispanic/Latino
- American Indian
- Asia
- Maori in New Zealand
- Northern Europe
- Australia

Separation Anxiety (with extra component)

Children 7-9 years old
To Refer a Family to Certified PCIT Therapists...

PCIT INTERNATIONAL
WWW.PCIT.ORG
References

Abrahamse et al., 2012; Agazzi et al., 2013; Bagner & Eyberg, 2007; Bigfoot & Funderburk, 2011; Borrego et al., 1999; Brestan, et al., 1997; Capage et al., 2001; Chaffin et al., 2004; Chaffin et al., 2009; Chaffin et al., 2010; Choate et al., 2005; Eisenstadt, et al., 1993; Eyberg, 1988; Eyberg & Funderburk, 2011; Hakman et al., 2009; Herschell, et al., 2002; Lesack et al., 2014; Leung et al., 2009; Matos et al., 2009; McCabe & Yeh, 2009; McNeil, et al., 1991; McNeil & Hembree-Kigin, 2010; Nixon, et al., 2003; Phillips et al., Puliafico et al., 2012; Schumann, et al., 1998; Solomon et al., 2008; Timmer et al., 2005