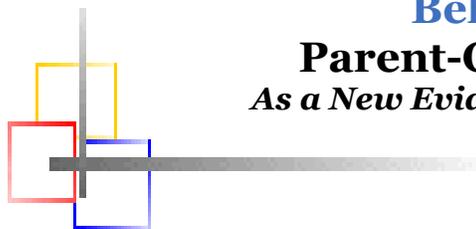


# HealthChoices Management Unit and Community Care Behavioral Health Introduces:

## Parent-Child Interaction Therapy (PCIT)

*As a New Evidence Based Practice in our continuum of care*



### Who can benefit from PCIT?

**Parent-Child Interaction Therapy (PCIT)** is an empirically-supported treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

PCIT treats parents of children ages 2.5 to 7 years of age and addresses the following concerns:

- Parent and child don't know how to play together,
- Mild to moderate behavior problems,
- Parenting Concerns,
- Child's problem behaviors outside of normal development.

### Distinguishing Features of PCIT

- Parent and child together
- Theoretically grounded
- Focus on interaction patterns
- Active skills training
- Performance based (not time limited)
- Empirically supported
- Assessment driven
- Treatment is in Phases

**The Core Structure of PCIT is weekly sessions for up to 12 months, which focuses on:**

#### Child-Directed Interaction CDI

##### During this phase, the Parent:

- Follows child's lead
- Uses PRIDE skills
- Ignores annoying behavior
- Controls dangerous behavior
- Play therapy skills

##### During this phase, the Child:

- Develops good friendship skills
- Focuses on tasks for longer periods of time
- Becomes more connected to their parent

#### Parent-Directed Interaction PDI

##### During this phase, the Parent:

- Teaches child to follow directions
- Teaches their child to have good behavior at home and in public

##### During this phase, the Child:

- Learns to follow directions
- Accepts limits
- Develops good behavior at home and in public

### Parent Skills Acquisition:

#### PRIDE Skills

- |                  |                            |
|------------------|----------------------------|
| <b>P</b> raise   | "I like when you share"    |
| <b>R</b> eflect  | "It's a cow."              |
| <b>I</b> mitate  | Copy child's behavior      |
| <b>D</b> escribe | "You're coloring the cat." |
| <b>E</b> njoy    | Show warmth                |



### **What to Expect from Treatment:**

- This therapy approach takes time, and parents, foster parents or adoptive parents should expect to attend sessions weekly in order to make progress.
- PCIT can work with youth on the Autism Spectrum, but the focus is on the parenting and the parent-child relationship and changing parent-child interaction patterns.

### **Expected Treatment Outcomes:**

Adequate skill acquisition by parents including:

- Increases in reflective listening, physical proximity, and pro-social verbalizations
- Decreases in sarcasm and criticism of the child
- More positive parental attitudes toward child
- Parent report of behavior problems to within normal limits
- Parent self-reported improvements in psychopathology, personal distress, and parenting focus of control
- High consumer satisfaction with process and outcome
- Maintenance of treatment gains up to 6 years
- Generalization to untreated siblings as well as home and school settings
- Changes in the interactional style of the fathers and mothers in play situations with the child
- Increases in reflective listening, physical proximity, and pro-social verbalization, and decreases in sarcasm and criticism of the child after completion of PCIT.

### **Referral Resource Considerations:**

- Youth with Trauma history can be referred to PCIT, but cases will be reviewed through assessment to determine if appropriate.
  - This therapy does not address trauma.
- Speak to families about the therapy approach and make sure they understand the time commitment to therapy.

### **Providers:**

Pennsylvania Comprehensive Behavioral Health (PCBH) and Holcomb Behavioral Health are scheduling this for HealthChoices members now. Additional providers may soon be available as well as additional locations to provide this treatment. We will post updates as they occur.

Pennsylvania Comprehensive Behavioral Health  
2351 Freedom Way  
York, PA 17402  
Phone: 717.600.0900  
Fax 717.600.0910

Holcomb Behavioral Health  
Diane Crease-Roupas  
3995 East Market St.  
York, PA 17402  
717.757.1227 ext. 295  
Fax: 717.757.1353

*Referrals can be made by treatment providers, Children, Youth and Families, MH-IDD, or Service Access & Management directly to the provider by faxing the referral form*