



Principles and Applications of Parent-Child Interaction Therapy (PCIT)

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Friday, March 5, 2010, 9:00 a.m. - 12:00 p.m.

Parent-Child Interaction Therapy (PCIT) is an empirically-supported treatment for young children (ages 2-7) with behavioral difficulties. The aim of the treatment is twofold: 1) To improve the quality of the parent-child relationship by increasing positive interactions and 2) To decrease children's maladaptive behaviors by teaching parents how to give clear instructions and follow through with appropriate praise/consequences. This intermediate-level course is for the child mental health practitioner to understand the principles and strategies of PCIT. Additionally, practitioners will learn how to identify parent-child candidates for this treatment and when PCIT is contraindicated. Participants will learn how clinicians in the field have adapted the treatment to meet the needs of families with children with autism, mental retardation or other developmental disorders, children who have experienced trauma, parents with abuse or their own mental health histories, and parent-child attachment problems.

GOALS

At the end of this class, participants will:

- 1) Have a good understanding of the principles of PCIT
- 2) Will be able to incorporate strategies into their current therapeutic repertoire

OBJECTIVES

Participant will learn:

- 1) Various strategies to improve the parent-child relationship
- 2) Approaches to "coaching" parents to interact more effectively with their child
- 3) How to help parents work together to parent effectively
- 4) How to quantify positive parenting behaviors to monitor the therapeutic process and guide treatment

- 5) How to use validated parenting measures to identify parents who may have additional mental health difficulties affecting their parenting

COURSE TIME OUTLINE

9:00 a.m. – 9:45 a.m.	Overview of PCIT
9:45 a.m. – 10:15 a.m.	Child – directed interaction
10:15 a.m. – 10:25 a.m.	Break
10:25 a.m. – 11:00 a.m.	Parent – directed interaction
11:00 a.m. – 11:20 a.m.	Measures to assess progress of treatment and stress parenting
11:20 a.m. – 12:00 p.m.	Review of videotaped sample and coding of videotaped parent-child interactions