

Parent-Child Interaction Therapy for Families Involved in Child Welfare



What is Parent-Child Interaction Therapy? (PCIT)

PCIT is a parent-focused treatment and coaching program for families of children ages 2.5 to 7 years.

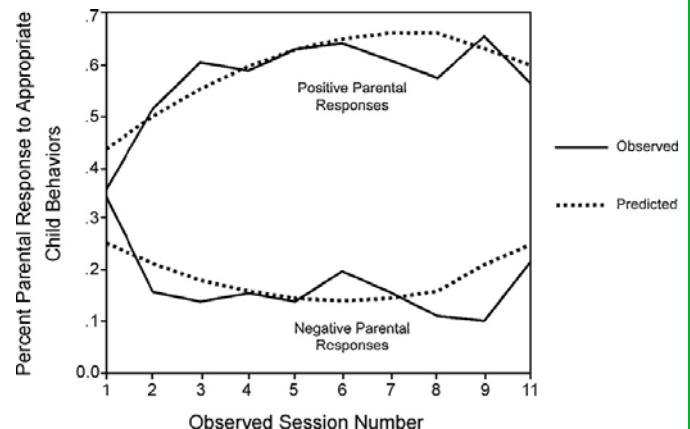
- ◇ PCIT is based in attachment theory, social learning, and behavioral principles.
- ◇ PCIT includes two phases:
 - 1) **Relationship Enhancement**—To help strengthen the caregiver-child relationship.
 - 2) **Behavior Management**—To help improve caregiver discipline strategies and child compliance.

PCIT is recommended as an evidence-based intervention for families involved in child welfare by:

- ◆ The National Child Traumatic Stress Network⁷
- ◆ The National Crime Victims Research and Treatment Center at the Medical University of South Carolina⁶
- ◆ The Center for Sexual Assault and Traumatic Stress in Seattle, WA⁶
- ◆ The Chadwick Center for Children and Families⁷

Outcomes for families involved in Child Welfare who receive PCIT are positive including:

- ◇ **Increases in proactive, positive parenting skills and more effective discipline practices, as well as decreases in child behavior problems.** In a study comparing different treatments, these outcomes were the strongest for families receiving standard outpatient PCIT compared to families receiving standard community parenting groups or families receiving PCIT plus non-coordinated wraparound services.²
- ◇ **Reduced rates of child abuse re-reports for families receiving PCIT.** Families who received standard outpatient PCIT only were significantly less likely to have a future report of child maltreatment (19%), compared to families receiving standard outpatient PCIT plus non-coordinated wraparound services (36%) or community parenting groups (49%).²
- ◇ **Strengthened maternal-child relationship, and reductions in internalizing and externalizing behavior problems for children.**³
- ◇ **Reductions in problematic sexual behaviors for children with a history of sexual abuse.**⁴
- ◇ **Rapid increases (see figure) in the use of positive parenting skills and simultaneous decrease in less helpful parenting practices within their first three sessions.**⁵
- ◇ PCIT (alone with no supplemental services) delivered in-home has also demonstrated positive outcomes⁸.
- ◇ Within Pennsylvania there continues to be a need for increased family completion of PCIT. PCIT within BHRS has the potential to lead to greater treatment completion and strong outcomes for families.



Individual and System-Level Cost Savings have been found for PCIT.

- ◆ PCIT was associated with significant long-term savings (nearly \$3,500 per child) for families in treatment and taxpayers combined, compared with treatment as usual within a state-wide child welfare system.¹

PCIT is available in many Pennsylvania Communities.

- ◆ Over 304 behavioral health clinicians in 126 Pennsylvania outpatient programs across 61 counties have been trained to provide PCIT.

Note: Included references have been summarized from a total of over 250 studies on PCIT.

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