

Behavioral Interventions in Young Children- PCIT

Why should parents of young children be asked about behavioral health concerns in primary care?

- 1 in 4 preschool children struggle with psychosocial stress and social-emotional concerns
- significant depressive symptoms in early childhood = higher risk for Major Depressive Disorder in later childhood and early adolescence
- serious externalizing behaviors = 2-3x risk of Conduct Disorder

Why are Parent ACEs Important?

High Parent ACEs =

- high parenting stress
- absence of secure parent-child attachment
- higher rates of parental unresolved loss or trauma
- disorganized attachment between parent and infant
- children more likely to exhibit internalizing and externalizing problems
- increased risk of child dissociated trauma symptoms or personality disorders in adolescence/adulthood

What brief ACEs assessments might be feasible to use in primary care?

- The ACE Questionnaire for Adults (10 items)
- PEARLS-Pediatric ACEs and Related Life Events Screener (17 items)

What is Early Relational Health?

- shift in focus from Toxic Stress Model to a more strengths-based, protective factor approach to partnering with families
- Relationships should be **safe, stable, and nurturing**.

What brief assessments can be used to assess parent-child relational problems or behavioral problems?

- Behavior Assessment System for Children-Parent Relational Questionnaire (BASC-3 PRQ)
- Eyberg Child Behavior Inventory (ECBI)
- Parent Stress Inventory, 2nd Edition (PSI-2)

Why might a child be engaging in disruptive or challenging behaviors?

- Encourage parents to consider their reactions to their child's behavior.
- What is the child getting in response to the problematic behavior? Behaviors that consistently don't work aren't repeated!
- most common functions of behavior:
 - attention (positive or negative)
 - escape/avoidance
 - access to tangibles
 - sensory input

Which dyadic therapies have the most evidence supporting their effectiveness for youth ages 0-5?

- Parent-Child Interaction Therapy (PCIT)
- Trauma-Focused Cognitive-Behavioral Therapy (TF-CBT)
- Child-Parent Psychotherapy (CPP)
- Child-Parent Relationship Therapy (CPRT)

What evidence-based interventions may be appropriate for older children with disruptive behaviors?

- Parent-Child Interaction Therapy (up to age 7)
- Parent Management Training (8+ years)
- Barkley's Defiant Child (2-12 years)
- Triple P (0-12 years), Teen Triple P (12-16 years)
- Webster's Incredible Years (0-12 years)
- Trauma-Focused Cognitive-Behavioral Therapy (3-18 years)

What are the essential components in effective behavioral parent training (BPT) interventions?

- based in attachment, behavioral, and social learning theories
- time-in BEFORE time-out from positive reinforcement
- PRIDE skills
 - labeled Praise
 - Reflect
 - Imitate
 - Describe
 - Enjoy
- differential attention:
 - Catch your child being good!
 - Provide positive opposites.
 - Aim for a 5:1 positive to negative interaction ratio.
- Use effective commands.
- consistent consequences, both positive and negative

Is time out harmful? NO!

- Time-out is the removal of a child from positive reinforcement (e.g., parental attention, toys, screen time) for a specified, short period of time as a negative consequence.
- The time-out procedure is not unique to PCIT. Similar time-out procedures are used in other evidence-based parenting programs.
- Decades of research shows that, when used correctly, time-out is a safe, positive option to teach young children to engage in pro-social behaviors (e.g., listening, emotion regulation, etc.) and decrease the occurrence of inappropriate behaviors (e.g., defiance, aggression, etc.).

How can you incorporate empirically supported parenting strategies into your primary care practice?

- assess parent and child ACEs
- ask parents about their parenting practices and feelings about the parent-child relationship
- identify coercive cycles of interaction
- model PRIDE skills
- model and encourage use of differential/strategic attention
- refer for PCIT with confidence

PCIT Resources

- Pcit.org
- Find a PCIT provider in your area: [United States - Official website for PCIT International and Parent-Child Interaction Therapy \(PCIT\)](#)

- Time Out Facts Sheet https://www.pcit.org/uploads/6/3/6/1/63612365/truths_about_time-out-pcit-i-final.pdf
- Rae Thomas, Bridget Abell, Haley J. Webb, Elbina Avdagic, Melanie J. Zimmer-Gembeck; Parent-Child Interaction Therapy: A Meta-analysis. *Pediatrics* September 2017; 140 (3): e20170352. 10.1542/peds.2017-0352
- Children's Wisconsin Access Team (414) 266-3339

Parent Resources

- [Official website for PCIT International and Parent-Child Interaction Therapy \(PCIT\) - Home](#)
- [The 5-minute daily playtime ritual that can get your kids to listen better : Life Kit : NPR](#)
- [Infant and Early Childhood Mental Health | ZERO TO THREE](#)
- [Evidence Based Dyadic Therapies for 0- to 5-Year-Olds.pdf](#)
- [Almost a decade after policy on toxic stress, 'relational' health seen as key approach | AAP News | American Academy of Pediatrics](#)
- [Interventions and Referrals \(aap.org\)](#)
- [Brain State Model - Conscious Discipline](#)