

First 5 LA PCIT Training Implementation Guidelines

Updated 7/23/14

Parent-Child Interaction Therapy Training Program

I. PCIT can be described in the following way:

- Overview
 - Evidenced Based Practice to reduce children’s disruptive behaviors and improve parenting skills.
 - First 5 LA PCIT target population is for children 2-5 years of age. However, if a child is enrolled by the age of 5 years old, they will continue to be eligible for services even if they turn 6 years old prior to completing a course of treatment with PCIT.
 - Both parent/caregiver and child participate in treatment sessions to promote positive relationships.
- Therapeutic Implementation
 - Two phases:
 - 1) Child-Directed Interaction (CDI) focuses on enhancing the relationship
 - 2) Parent-Directed Interactions (PDI) improves child compliance
 - Therapist/coaches talk to parent/caregiver via a communications system during the parent/caregiver and child play sessions.
- Essential Components of PCIT
 - Standardized pre/post treatment measurements (refer to the outcome measures below). First5 OMA measures should be utilized for pre and post treatment measures when originally opened under this funding source.
 - In vivo coaching of the parent/caregiver and child dyad
 - Inclusion of the PRIDE and selective attention/ignoring concepts
 - Inclusion of the BE DIRECT, Strategies to Improve Compliance, and Time Out procedures to help parents manage children’s difficult behaviors
 - Use of Homefun (5-minutes of play time a day) for parents to practice the relationship enhancement and behavior management outside of treatment sessions
 - At least 50% of session spent coaching
 - Agency provides appropriate space and equipment, and allows therapists to participate in ongoing training and consultation.
- For more information see <http://pcit.ucdavis.edu/>

II. Description of PCIT Training:

- Requirements for becoming a PCIT Therapist in Los Angeles County
 - Each clinician needs at least 100 hours of experiential training (face to face and telehealth technology)
 - 10 hour web course through the UC Davis Training Center
<http://pcit.ucdavis.edu/pcit-web-course/>
 - Each clinician is expected to carry a caseload totaling at least 4 -6 cases. Two of the cases will be used for the designated training day and the others may be scheduled on alternative days after the trainee acquires basic coaching competency (approximately after 2 months of training).
 - Stipend covers 2 hours per week with exceptions for post web course days which require 8 hour days. Clients are typically scheduled weekly for this PCIT treatment. The stipends are to be utilized on a weekly basis for training with or without the face to face contact of the trainer. This procedure allows the clinician to maintain weekly client training with another clinician as the buddy. While in training, the buddy should NOT claim for direct services. They should submit a weekly training log for stipend hours.
 - Case experience in which a trainee must effectively treat a minimum of 2 PCIT cases to completion.
 - Skills review must be conducted through live observation, or online/telemedicine system.
 - Supervision and case consultation through the entire course of treatment
 - The average length of treatment is 16-18 sessions for 50 minute sessions once a week in the office. Treatment should be no more than 24 sessions.
 - Remain current with PCIT research/advancements by attending regional meetings, annual PCIT conferences and other training resources.
- Requirements for becoming a Trainer of Trainers in Los Angeles County
 - Trainer of Trainers Competency = 4 completed PCIT cases
- The PCIT team
 - Includes a total of four funded trainees who are Licensed, Registered, Waivered, PhD/PsyD, LCSW, MFT. The agency may determine either of the following arrangements: 1 Supervisor and 4 clinicians or 1 Supervisor and 3 clinicians.
 - **During the training year if there are any changes to your clinical team, you must notify LA County DMH Administration Team within one week via email.**
 - The PCIT clinicians shall update the PCIT Staff Registry when there are changes.

- Supervisor Training Required
 - Supervisor will be asked to complete the 10 hour web course
 - Supervisor will be available on training days (face to face or telehealth)
 - If the Supervisor **is** a trainee, they will carry their own PCIT caseload.
 - If the Supervisor **is not** a trainee, they will oversee the PCIT program, clinicians, client care and coordinate trainings with DMH and UC Davis.

III. Description of Physical Space, Equipment, and Technical Requirements needed for optimal provision of PCIT services:

- Treatment and observations rooms:
 - Adjacent configuration (side by side) is required, particularly when clients have elevated levels of aggressive, destructive, or impulsive behavior. Therapists are often required to respond quickly to escalating tempers for the protection of parents and children. Therapists may need to hold the door closed to prevent a child from leaving the treatment room and clinic facility; therapists may need to help parents leave the room (for their protection).
 - One way mirror between treatment and observation rooms insure that the therapist has an unhindered view of the parent and child.
- Furniture and toys:
 - Adult sized table with two chairs to accommodate a caregiver and child
 - A high-density foam booster seat for younger children
 - Adult sized sturdy time-out chair
 - Age appropriate, collaborative toys (play materials) for parent-child interactions:
 - Foam blocks
 - Little People toys
 - Play-Doh with molds, shapes, and cutters
 - Play food, dishes, pots, and pans
 - Potato Heads (at least two so that both parent and child can play)
 - Wooden train and track
 - Plastic play figures with terrain/play mats: farm animals, dinosaurs, jungle animals
 - Bristle blocks (crinkles with wheels and figures)
 - Washable crayons and paper
- Basic Audio/Visual Equipment needed to provide PCIT services
 - A sound system (microphone and amplifier) is necessary to hear the interactions between caregiver and child
 - A 'hearing helper' system will be necessary for speaking to the caregiver through a microphone and ear device (bug in the ear)

- A timer is important for conducting weekly observational assessments
- For training or supervisory purposes, audio-video recording equipment capability, so that PCIT trainers can review the trainees' performance and sign off on competencies.
- Teletraining requirements include:
 - Providing adequate bandwidth for successful telecommunications link to work, at the minimum 768 kpbs (more bandwidth is better)
 - Providing the necessary resources and IT personnel to establish and maintain a successful link between your agency and UC Davis
- See the Invoice Estimate included in your packets for capital needs improvements.

IV. Outcome Measures

- The Eyberg Child Behavior Inventory (ECBI) and/or Sutter-Eyberg Student Behavior Inventory (SESBI) are practice specific measures. Participation in the First 5 LA PCIT training grant will also require two additional measures as stipulated by the developers. The following are two additional measures:
 - Parenting Stress Index: Short Form (PSI-4-SF). This measure is used to identify parent-child problem areas in parents of children ages 1 month-12 years. This measure is to be used for all clients receiving First 5 LA PCIT.
 - Trauma Symptom Checklist for Young Children (TSCYC). This measure is used to evaluate acute and chronic post/traumatic symptomatology in young children ages 3 to 12 years. This measure is to be used only when there is a trauma history indicated.

V. Outcome Data Transfer to UC Davis

- Participation in the First 5 LA PCIT training grant will also require trainees to send program performance data on the PCIT LOG to UC Davis directly through UC Davis' protocol for data collection.

VI. PCIT Forms

- RMD Bulletin
- PCIT Directory
- FAQs
- Claiming Guidelines
- Reimbursement Guidelines
 - PCIT Financial Exhibit B-3 FY 2012-13
 - PCIT Financial Exhibit B-4 FY 2013-14
 - PCIT Financial Exhibit B-5 FY 2013-14
- Training Protocol & Log

****NOTE**** Forms can be found at <http://dmh.lacounty.gov/wps/portal/dmh/home/>

- Click on “Our Services”, which is located at the top of the page in the yellow.
- Click on “Children”, which is on the list of links on the left side of the page.
- Click on **First 5 LA Parent-Child Interaction Therapy**

I have read and agree with the above described First 5LA PCIT training implementation guidelines.

Name of Agency: _____

Head of Service: _____
Print Name Signature

Date: _____

Email this completed form to Daphne Quick-Abdullah at dquickabdullah@dmh.lacounty.gov