

Parent-Child Interaction Therapy (PCIT) UT Center of Excellence for Children in State Custody Clinic Expectations & Information for Trainees

GENERAL INFORMATION

The UTHSC Boling Center COE is part of a statewide network of five regional Centers of Excellence dedicated to improving behavioral and physical health services to children in or at risk of state custody by providing both consultative and direct services. Another primary role of the COE is to disseminate evidence-based treatments for issues impacting children involved with the TN Department of Children's Services (DCS) across the state.

The Parent-Child Interaction Therapy (PCIT) Clinic is housed within the COE and supervision is provided by licensed psychologists and postdoctoral psychology fellows who have training and expertise in the PCIT model. Psychology trainees serve as therapists. The PCIT Clinic is a 2-hour late afternoon/evening clinic held weekly that minimally requires a first and second rotation commitment from psychology interns (and 6- to 8-month time period from other trainees). This includes didactic and experiential trainings in the PCIT protocol, as well as direct clinical service provision.

SUMMARY OF PCIT CLIENTS:

The PCIT Clinic sees children with primary or secondary behavioral problems and utilizes a standardized treatment (PCIT) to address the presenting problems. Trainees will be exposed to a variety of problematic behaviors with emphasis on early detection of and intervention for disruptive behavior issues. The PCIT Clinic serves children functioning between the ages of 2-6 years, 11 months and their families. Primary/secondary diagnoses typically include disruptive behavior disorders, although children with Autism Spectrum Disorders, developmental delays, and/or internalizing disorders are also served. Clients usually are referred to the PCIT Clinic from BCDD and COE evaluations, but from the community are also common. The typical population served is diverse in ethnicity and socioeconomic status. Services provided are billed under the supervisor.

EXPECTATIONS OF TRAINEES IN PCIT CLINIC:

1. Trainee Commitments:

- a. Once the trainee commits to the PCIT Add-On Rotation, s/he is *minimally required to complete didactic training, participate in supervision, and conduct the protocol with at least one client to completion.* (Minimum 23-27 weeks; First cases typically last until the middle or end of 2nd rotation)
- b. If the trainee desires to eventually conduct PCIT sessions independently upon achieving professional licensure, according to PCIT International Training Guidelines, the trainee must conduct at least 2 cases to completion under the supervision of a PCIT Trainer (PCIT International Therapist Certification Guidelines included in this binder).

2. PCIT Training Clinic

- a. Trainees will be expected to attend a 2-hour weekly clinic held on Wednesdays, plus session preparation and outside readings (estimated to be 1-2 additional hours weekly).
- b. Didactic Trainings
 - i. The didactic portion of training is presented first in which trainees learn the basic tenets of the therapy as outlined in Eyberg & Funderburk (2011) PCIT session-by-session manual. These didactics will introduce the trainee to the foundational theories behind PCIT (attachment, behavior, and social learning theories), as well as teach basic play therapy skills and parent training skills. Trainees will also learn a structured behavioral coding system (DPICS) for parent-child interactions.
 - ii. Before a trainee is approved to see clients through the PCIT Clinic, s/he must complete all therapist didactic training and meet mastery criteria for basic therapy competencies.
- c. Clinical Phase
 - i. After the basic didactics and mastery of basic PCIT skills, trainees will begin the clinical services phase of the clinic, which takes approximately 16-20 weeks for the first client. For this phase, the PCIT Clinic will have the following schedule:
 - 4:00pm – 4:50pm: Group supervision
 - 4:50pm – 5:00pm: Room/Equipment set-up
 - *5:00pm – 5:50pm: Session with client
 - 5:50pm – 6:00pm: Room clean-up and progress note writing*The Intake, Teach sessions, and PDI sessions will be longer (approximately 90 minutes with client)
 - ii. Preferably, trainees will be paired in a co-therapy dyad and assigned one family for PCIT. During every session that the trainees meet with their first family in PCIT, they will be observed by a supervisor and will receive live supervision.
 - iii. If the initial family's case is closed, the trainee will be provided with an appropriate alternate client assignment (i.e., assigned a new family, join another "team" for therapy, etc.) as deemed appropriate by the PCIT supervisors.
 - iv. During the Clinical Phase of the PCIT Clinic, if a trainee's client cancels, *the trainee is still expected to attend the PCIT Clinic*. Alternative training opportunities, such as participating in peer observation/supervision/consultation, viewing training videos, developing parent handouts, etc., will be provided in lieu of client contact.
- d. Completion of PCIT Training Clinic
 - i. For psychology pre-doctoral interns, it is expected that the trainee's initial training client will be initiated during the first rotation and will be carried to completion of the PCIT protocol, which will extend at least into the second rotation. The client's (and therefore the trainee's) progress in the PCIT Clinic is dependent upon several factors, including appointment attendance, compliance with homework assignments, and extraneous factors.
 - ii. Upon completion of the initial PCIT training case, depending on client and supervisor availability, the trainee may opt to initiate a second client. The details of supervision, client assignment, co-therapist assignment, and flexibility of client scheduling are ultimately at the discretion of the supervisor. It is expected that the trainee continue with the client until completion of the PCIT protocol, realizing that this will likely continue across more than one rotation for psychology interns (i.e., second and third rotations).
 - iii. Once trainees complete their first PCIT case, they often are not required to attend Group Supervision anymore, although this ultimately is at the discretion of their supervisor and dependent on trainee/supervision needs.

- iv. For those wishing to practice PCIT following their placement in the PCIT Clinic, they are required by PCIT International Training Guidelines to complete a minimum of 2 clients under supervision with a PCIT Trainer. See the Therapist Training Guidelines for Parent-Child Interaction Therapy for more information.

3. Managing Cases:

- a. The trainee is the primary therapist. In other words, the therapy client(s) that a trainee carries should be viewed as the trainee's client(s). However, the trainee will be closely supervised on the case, particularly if the trainee has never before used the treatment approach.
- b. The trainee assists in managing client appointments. As trainee offices may not be housed at the BCDD or may not be equipped with voicemail capabilities, the trainee's supervisor may serve as the initial contact for clients to call to schedule/cancel appointments. Typically, when the supervisor receives a contact from a trainee's client, the trainee is notified and manages scheduling and/or treatment issues from that point forward. The trainee must inform his/her primary supervisor if any changes occur in the scheduled appointment time. *Trainees are not permitted to use personal cell phone numbers as a contact number for clients due to professional/personal boundaries and liability issues.*
- c. Handling Missed Appointments. All families agree to the PCIT Clinic's Attendance Policy before beginning treatment. It is the therapist's responsibility to document all cancelled and missed (no-show) appointments. For each missed appointment, the trainee should send the family a reminder card stating when the family's next appointment is scheduled. These cards may be obtained from Ms. Levader Jones (Appointments) or the primary supervisor. Document in the Psychology chart when reminder cards are mailed.

4. PCIT Clinic Dropbox Site

- a. Trainees in the PCIT Clinic will be added to the PCIT Dropbox site. You will receive an email requesting that you join Dropbox (if you do not already have an account) or that you join the PCIT Clinic Dropbox folder (if you already have a Dropbox account).
- b. The site allows trainees access to: clinic documents (e.g., progress notes, treatment plans, etc.), documents about PCIT, training videos regarding different aspects of PCIT, calendar of events relevant to the PCIT Clinic, and helpful links about PCIT.