

**Parent-Child Interaction Therapy (PCIT)** is a highly effective treatment for young children with disruptive behavior. It has been repeatedly shown to reduce behavior problems, strengthen caregiver-child attachment, and improve child trauma symptoms. Agencies seeking to provide PCIT must commit to key therapist support and agency infrastructure requirements, detailed below.

**Please review the checklist and ensure that your agency can commit to the following:**

### Trainee Qualifications, Caseload, and Training Requirements

Allowing and facilitating therapists' time away from clinical duties to participate in training, including 5 partial days of virtual face-to-face training for the introductory workshop and 4 additional partial days of virtual face-to-face training for the follow-up workshop 3 to 4 months later. A final virtual face-to-face booster training may take place over 1 full day or 2 partial days approximately 12 months after the introductory workshop.

Supporting therapists' participation in 18 months of Zoom consultation calls (scheduled twice monthly, starting after the introductory workshop) so they can attend at least 80% of calls by the end of training.

Supporting therapists' tasks that involve 1) updating an on-line spreadsheet in Box to track case progress before each consultation call, and 2) submitting four video recorded sessions to trainers for fidelity review.

Assisting therapists in receiving sufficient PCIT-appropriate referrals to complete training requirements within 18 months (i.e., maintaining a PCIT caseload of four cases to optimize therapists' ability to complete the required two full cases).

Promoting understanding among staff and leadership of the potentially unusual needs and requirements of successful PCIT cases (e.g., attendance expectations, possibility of "noisy" sessions).

### Infrastructure Needs

Creating or repurposing a fully or partially dedicated PCIT therapy room: A safe, relatively low-stimulation room for a caregiver and child to engage in free play with a small selection of toys.

Developing an observation room: A room allowing a PCIT therapist to see and hear the caregiver and child playing, speak to the caregiver, and be out of the child's sight and hearing. PCIT observation can be conducted through either:

\_\_\_\_\_ Observation room adjoining the therapy room, with viewing of therapy room through a one-way mirror

**OR**

\_\_\_\_\_ Observation via a live video feed, with camera out of child's reach in therapy room

# PCIT Agency Readiness Checklist Continued

Developing a time-out backup area, either:

\_\_\_\_\_ A safe, non-stimulating area for temporary use while child is learning to comply with timeout chair procedure; uses barriers to prevent escape without isolating the child

**OR**

\_\_\_\_\_ Use the “Swoop and Go” method using the PCIT room (see Implementation Overview )

Purchasing and maintaining an audio system enabling 1) the therapist to hear the caregiver and child and 2) the therapist to speak to the caregiver without the child hearing

*Note: If sessions are observed via video feed, audio may be included in that system.*

Providing technology to record sessions that can be uploaded or otherwise securely delivered to UAMS trainers for video review of therapist sessions (e.g., video camera, laptop)

*Note: If sessions are observed via video feed, camera may be included in that system.*

Providing technology to participate in consultation calls/telehealth sessions that includes a webcam and speakers

## Supplies

Having ability for therapists to easily make copies of handouts from the PCIT therapy protocol

Purchasing one PCIT therapy protocol, DPICS clinical manual, and DPICS clinical workbook per therapist

Maintaining a supply of the Eyberg Child Behavior Inventory (ECBI; can be purchased online) for weekly use with clients

Purchasing one ECBI manual for the clinic

Purchasing and maintaining a supply of appropriate PCIT toys: Creative, constructive toys that encourage free play with little need for limit setting and have little potential to be used dangerously

**Please ensure your agency’s commitment to the items above before completing the online agency application for PCIT training. If you have questions or need assistance, please contact ARBEST at [arbest\\_info@uams.edu](mailto:arbest_info@uams.edu).**