

Parent-Child Interaction Therapy (PCIT) Implementation Agency Readiness Checklist

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 parent-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 will commit to the following:

Therapist qualifications, caseload, and training requirements	
	Allowing and facilitating therapists' time away from clinical duties to participate in training, which includes one 4-day training workshop and then one 3-day follow up workshop 3-4 months later
	Supporting therapists' participation in consultation calls (one hour per week)
	Assisting therapists in receiving sufficient PCIT-appropriate referrals to complete training requirements within one year (i.e., maintaining a PCIT caseload of 2-4 cases to optimize therapists' ability to complete the required 2 full cases)
	Promoting understanding among staff and leadership of the potentially unusual needs and requirements of successful PCIT cases (e.g., weekly 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 parent and a 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 parent and child playing, speak to the parent, and be out of the child's sight and hearing. PCIT observation can be conducted through a live video feed or by using a one-way mirror; please indicate below which option your agency will pursue: <input type="checkbox"/> Observation room adjoining the therapy room, with viewing of therapy room through a one-way mirror OR <input type="checkbox"/> Observation via a live video feed, with camera out of child's reach in therapy room
	Developing a time-out backup area: 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 child
	Purchasing and maintaining an audio system enabling 1) the therapist to hear the parent and child and 2) the therapist to speak to the parent without the child hearing <i>Note: If sessions are observed via video feed, audio may be included in that system</i>

PCIT Agency Readiness Checklist Continued

	<p>Providing a video camera able to record sessions that can be uploaded or otherwise securely delivered to UAMS trainers for video review of therapist sessions</p> <p><i>Note: If sessions are observed via video feed, camera may be included in that system</i></p>
Supplies	
	Having ability for therapists to easily make copies of handouts from the PCIT protocol
	Maintaining a supply of the Eyberg Child Behavior Inventory (ECBI; can be purchased online) for weekly use with clients
	Purchasing one ECBI manual and one DPICS coding workbook 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
	Providing appropriate furniture for PCIT sessions: Sturdy, adult-size chairs and a sturdy table

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.