

## 2021 PCIT INTERNATIONAL BIENNIAL CONVENTION

**Abstract Title:** The Nature of Gathering: Virtually Sowing CDI and PDI Skills and Curtailing Caregiver Stress in Group-Based Telehealth

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**Abstract:** Providing telehealth services in the context of Parent-Child Interaction Therapy (PCIT) allows for evidence-based treatments to reach more families in need over shorter intervals, targeting participant attrition and further allowing service waitlist times to be significantly decreased. Utilizing earlier prototype designs and testing conducted by the Institute for Child and Family Well-being (ICFW), a time-limited virtual approach to therapy groups for parents/caregivers and a child in their care was developed in an innovative response to the COVID-19 pandemic.

Parenting with P.R.I.D.E. (PwP) and Parenting with Predictability (PwP2) focus on the CDI and PDI phases of PCIT, respectively, and both formats aim to offer caregivers and children the opportunity to learn with and from one another in a supportive online environment from the comfort and safety of their own homes. PwP/PwP2 groups help caregivers of young children manage challenging behaviors, and families learn tangible strategies that promote positive behaviors, enhance the caregiver-child relationship, and mitigate parent stress through engaging activities and live coaching with PCIT-trained therapists and graduate students.

This paper will detail program design iterations of PwP/PwP2, including treatment inclusion/exclusion criteria, format of service provision, outcomes, and future implications. Assessments that will be discussed are conducted at baseline and several subsequent time points for each participating group. Multiple informants and measures are used to assess study outcomes, including children's externalizing behaviors, compliance, and emotion regulation as well as caregivers' behavior management skills, parenting attitudes, and stress.

When COVID hands you lemons, innovate!

**Who is your intended audience? (e.g., PCIT therapists, parents, teachers, etc.):** PCIT therapists, stakeholders

**Level of Intended Audience:** Intermediate

### **Learning Objectives:**

1. Identify essential elements of rapid program design and implementation related to PCIT.
2. Identify how CDI and PDI components of PCIT can be applied to fidelity in a group-based, virtual setting.
3. Identify the risks and benefits of utilizing group-based PCIT over telehealth platforms.

### **3 current citations:**

1. Blair, K., Topitzes, J., & Mersky, J. P. (2019). Brief, group-based parent-child interaction therapy: Examination of treatment attrition, non-adherence, and non-response. *Children and Youth Services Review*, 106, 104463.



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2. Mersky, J.P., Topitzes, J., & Blair, K. (2017). Translating evidence-based treatments into child welfare services through community-university partnerships: A case example of parent-child interaction therapy. *Children and Youth Services Review*, 82, 427-433.
3. Nieter, L., Thornberry Jr., T., & Brestan-Knight, E. (2013). The Effectiveness of Group Parent-Child Interaction Therapy with Community Families. *Journal of Child and Family Studies*, 22(4), 490-501.

