

Parent-Child Interaction Therapy (PCIT) and telehealth: Clinician and caregiver perspectives

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Presenter Disclosures

Parent-Child Interaction Therapy (PCIT) and telehealth: Clinician and caregiver perspectives

The following personal financial relationships with commercial interests relevant to this presentation existed during the past 24 months:

- No relationships to disclose

Background (MB-CTTI)

- The Metropolitan-Boston Complex Trauma Treatment Initiative (MB-CTTI) is a Justice Resource Institute (JRI) program
- MB-CTTI clinicians worked in residential group homes to offer adjunctive clinical services, consultations with caregivers, and family therapy
- Shifted to remote services with the onset of the COVID-19 pandemic
- Increased emphasis on services that work well remotely, including Parent-Child Interaction Therapy (PCIT)

Background (PCIT)


- Parent-Child Interaction Therapy (PCIT) is a therapy in which clinicians offer guidance to caregivers while they are engaging and playing with their children
- Clinicians provide coaching through an earpiece while observing through a one way mirror
- Onset of COVID-19 provided an opportunity to administer PCIT via Zoom

Methods

- ICH has served as the evaluators of the MB-CTTI program since 2018
- ICH conducted qualitative interviews with 4 clinicians and 5 caregivers who participated in PCIT services
- Goal of the interviews was to understand:
 - How clinicians and caregivers felt about the experience
 - How PCIT impacted caregivers and children

Results: Clinician Perspectives


- PCIT transitioned well to a remote service
- Being able to see the caregiver and child in their natural setting was beneficial
- Remote delivery allowed for non-traditional approaches
- Positive feelings about PCIT, despite initial skepticism



“Even though it's time limited, and it's structured, I think I've gotten a much more appreciation for how structured and time limited therapy can be effective for complex trauma, whereas I think before I was really hesitant about that.”

- MB-CTTI clinician

Results: Caregiver Perspectives



"They are so great about forming a relationship with [the child] and myself, and utilizing the equipment in my home, the setup of my home to be able to adapt. That to me was just incredible. They've never been to my home and it's just, I don't know. They've just been really great."

- Parent receiving PCIT

- Caregivers were positive about the impacts of PCIT
- PCIT is challenging and emotionally draining - but remote format helped make it doable
- Participating in PCIT remotely did not negatively impact the experience

Conclusion

- PCIT was seen as successful by and had positive impacts on both caregivers and families
- PCIT adapted well to a telehealth service – it reduced participant burden, while keeping the prescribed structure
- At a time where in-person services were not an option, remote PCIT was a valuable service offering of the MB-CTTI program