

CenterLines

Center for Disabilities and Development *Useful News for Families*

Parent-Child Interaction Therapy: Treatment that Works for Young Children with Disruptive Behaviors

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In Iowa many mental health therapists who see children have recently completed training in Parent-Child Interaction Therapy (PCIT). PCIT has only recently become more popular in Iowa, but it has been around for decades. It has been well studied by scientists. They have shown that PCIT decreases disruptive behavior in children ages 2-7. Some examples of disruptive behavior are being disobedient, not paying attention, and hitting. PCIT decreases disruptive behavior in children diagnosed with Attention



Deficit Hyperactivity Disorder, Oppositional Defiant Disorder, Intellectual Disability, and Autism. During PCIT, a therapist works with both the child and his/her caregivers. There are two parts to PCIT. In the first part, the therapist coaches caregivers in special play. The goal is to make more good interactions between the child and his/her caregivers. In the second part, the therapist teaches caregivers how to deal with disruptive behavior. A lot of the treatment is done through a two-way mirror. The therapist can see and hear the child and his/her caregiver. The therapist teaches and coaches the caregiver using an ear piece (e.g.,

special bluetooth device). PCIT usually takes 12-20 therapy visits to complete. Though PCIT is used most often with young children, there are versions of PCIT used with children up to age 12.

Therapists complete 60 hours of specialized training to learn PCIT. There are currently more than 50 therapists in Iowa who have completed all 60 hours. By this summer, there will be more than 80 therapists in Iowa who have completed 60 hours of specialized training in PCIT. On page 2 is a list of agencies in Iowa (and Nebraska) with at least one therapist trained in PCIT.

(continues on page 2)



University of Iowa Health Care



Agencies in Iowa & Nebraska offering Parent-Child Interaction Therapy

City	Agency
Independence	<i>Counseling and Mediation Center</i>
Atlantic, Avoca, and Panama	<i>Therapy Place, Inc</i>
Spencer	<i>Catholic Charities</i>
Manchester	<i>Regional Family Behavioral Health</i>
Iowa City	<i>University of Iowa Children's Hospital</i>
Ft. Madison	<i>Counseling Associates</i>
Glenwood	<i>Mills County Public Health</i>
Onawa	<i>Burgess Health Center</i>
Avoca	<i>Healthy Homes Family Services, LLC</i>
Council Bluffs IA, Fremont, Lincoln, and Omaha NE	<i>Lutheran Family Services</i>
Council Bluffs, Logan, and Osceola IA; Omaha, NE	<i>Choices Counseling and Consulting, Inc.</i>
Council Bluffs IA; Omaha NE	<i>Heartland Family Services</i>
Council Bluffs	<i>Center for Healing and Hope</i>
Davenport	<i>Vera French CMHC</i>
Cedar Rapids, West Union, Vinton, Manchester and Independence	<i>Abbe Center for Community Mental Health</i>
Ft. Dodge	<i>Berryhill Center for Mental Health</i>
Emmetsburg, Sheldon, Estherville, Rock Rapids, and Spencer	<i>Seasons Center for Community Mental Health</i>

PCIT has had some attention from the media recently. It was featured on "The Today Show." Omaha's KETV7 recently did a news story about PCIT in Council Bluffs. If you would like to know more about PCIT, please see the Internet sites below. You can also contact the Iowa Consortium for Mental Health www.medicine.uiowa.edu/icmh/; 319-353-5436.

PCIT website
<http://pcit.php.ufl.edu/>

Iowa Consortium for Mental Health PCIT webpage
www.medicine.uiowa.edu/icmh/ParentChildInteractionTherapy.htm

KETV7 news story
www.ketv.com/news/24150696/detail.html

US Department of Health and Human Services issue brief
www.childwelfare.gov/pubs/f_interactbulletin/f_interactbulletin.pdf



CDD Fragile X Clinic

In 2010, the University of Iowa Children's Hospital founded a Fragile X Clinic. The clinic can be found at the Center for Disabilities and Development. It is part of the Fragile X Research Consortium (FXCRC), which is a network of independent clinics throughout North America. These clinics are dedicated to serving the needs of families who are affected by one or more of the Fragile X-associated disorders (FXD).

Our clinic provides evaluation and treatment to patients of all ages and stages of the syndrome. Dr. Dianne McBrien is our Medical Director and Jennifer Luria, LMSW is the

clinic coordinator. Dr. McBrien provides medical assessment and medication management. She also provides genetic counseling. Dr. McBrien and Jennifer work together to provide information to families about Fragile X syndrome and resources. Clinic services include:

- Behavioral analysis and treatment
- Psychology
- Speech and language pathology
- Occupational therapy
- Physical therapy
- Audiology
- Nutrition
- Social work

The clinic refers patients to other UIHC subspecialty clinics. This includes those patients who have permutation-associated disorders, such as Fragile X-associated tremor ataxia syndrome (FXTAS) and Fragile X-associated premature ovarian insufficiency (FXPOI).

To contact the Fragile X Clinic, please email Jennifer Luria at jennifer-luria@uiowa.edu or call her at 319-384-6208.

For more information regarding Fragile X: The National Fragile X Foundations: www.nfxf.org/html/what.htm.

Realizing Education And Career Hopes

The University of Iowa REACH Program brings young adults with learning and cognitive disabilities to college. The students live on campus and go to classes like other college students. They learn to be independent and engaged members of their community. REACH is a two-year certificate program. The two years are filled with classes, campus life, and career prep. But the program doesn't stop there. The students

get ongoing support after graduation as they enter life in their own community.

Some key features are:

- Scholarships
- Living on campus in the dorm
- Special courses
- Great professors and advisors
- Life skill coaches
- Employment skills and experience

The program helps students become responsible citizens. Students are encouraged to be active and to seek out their own fulfillment. Professors stress positive goals that promote careers, social involvement, and lifelong learning.

For more information, contact REACH by email at reach@uiowa.edu. Visit them online at www.education.uiowa.edu/reach, or call them at 319-384-2127.

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In this issue

Parent-Child
Interaction Therapy 1

CDD Fragile X Clinic 2

Realizing Education
and Career Hopes 3

CenterLines for Families, the newsletter of the Center for Disabilities and Development at the University of Iowa Children's Hospital, is published four times a year. It provides families with current information on child and adult development, issues affecting people with disabilities,

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and CDD resources available to them and their families. The newsletter is available in print, in Spanish, and also online at www.uihealthcare.org/cdd. Click on Centerlines for Families.

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The role of the information in this newsletter is not to provide diagnosis or treatment of any illness or condition. We strongly encourage you to discuss the information you find here with your health care and other service providers.