

Parent-child interaction therapy and ethnic minority children



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Authors: Ashley M. Butler ^a; Sheila M. Eyberg ^a

Affiliation: ^a Department of Clinical and Health Psychology, University of Florida, USA

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Abstract

Disruptive behaviours constitute the most frequent reason for referral of young children to mental health services. Parent-child interaction therapy (PCIT) is a theoretically grounded, assessment-driven, empirically supported treatment for children with disruptive behaviour disorders. PCIT is based on Baumrind's research demonstrating positive outcomes for children of parents with an authoritative parenting style. The child-directed interaction phase of PCIT focuses on strengthening the parent-child bond and increasing positive parenting. The parent-directed interaction phase focuses on increasing parental consistency, predictability and fairness in discipline. This article presents an overview of PCIT and highlights PCIT research with ethnic minority children.

Keywords: ethnic minority; conduct problems; racial minority; parent training; parent-child interaction therapy; disruptive behavior; empirically supported treatment; child