Common things PCIT can help with:

- Youth behavior problems
- Problematic parent-child relationships
- Attention-seeking behavior
- Children who consistently refuse/defy adult requests
- Parent management of children's behavior

What is PCIT?

- A well-researched parent-training intervention that helps at risk youth and their families.
- Lasts about 12 to 16 weeks.
- Counseling that is done in parents’ homes or at a clinic location.
- Includes parents and children in session together.

Who Benefits From PCIT?

- Youth ages 2-8, and their families, who are having a hard time with disruptive behavior, oppositional defiant disorder, or conduct disorder.
- Families that face many challenges and may be working with more than one state agency. For example, working with Child Protective Services (CPS) and mental health services.

PCIT is for:

- Natural parents
- Foster parents
- Kinship caregivers
- Single and two-parent families
- Guardians

PCIT consists of 2 parts

Child-Directed Interaction: This first phase of PCIT aims to restructure the parent-child relationship and foster a warm and secure connection between the parent and child. Parents learn to selectively attend to good behavior and reinforce pro-social interactions using play therapy skills.

Parent-Directed Interaction: The second phase of PCIT directly addresses behavior problems by establishing consistent expectations for child behavior and introducing effective disciplinary techniques.

Both phases of PCIT involve live coaching in which parents are coached by the therapist through an earpiece while the therapist observes their interactions. If in an office setting, this is done through a one-way mirror.

www.pcit.org