# Parent Child Interaction Therapy (PCIT)

## About the Service

PCIT is a behavioral parent-training model that uses live coaching of parents and children together. Sessions are weekly over 14 to 16 weeks pending progress.

### ▶ PHASE ONE, CHILD-DIRECTED INTERACTION:

The first phase of treatment focuses on improving the quality of the parent-child relationship using skills like praise, reflection, and behavioral description.

### ▶ PHASE TWO, PARENT DIRECTED INTERACTION:

The second phase of PCIT focuses on establishing a structured and consistent approach to discipline. Parents are taught to give clear, direct commands to their child(ren) and to provide consistent consequences for both compliance and noncompliance. Parents are provided with strategies for managing challenging situations outside of therapy.

## Who does this service benefit?

PCIT is a family-centered treatment approach for young children with behavioral problems. It's designed for children ages 2 to 7 and their caregivers — birth parents, adoptive parents, or foster or kin caregivers.

## Service Highlights

- Two Phase Model:
  - Relationship enhancement: Child Directed interaction
  - Discipline and compliance: Parent Directed interaction
- Weekly service
- Learn skills to improve quality of parent-child relationship and how to provide consistent and appropriate discipline.

Source: ***https://www.pcit.org/what-is-pcit.html***

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