

Is PCIT Right for Your Family?

- Do you have a 2 - 6 year old child with challenging behaviors that are hard to manage?
- Do you want your children to listen?
- Do you have parent-child conflicts?
- Is your household stressful due to your child's behaviors?
- Does your child have a history of getting sent home or suspensions from school?
- Do you want help with behavioral problems, aggression, anger, defiance, destruction, tantrums, attachment issues, abuse, or neglect?
- Are you worried about losing your job due to leaving work or being unable to work due to behavioral problems with your child?
- Are you afraid of losing foster placement, housing, or being evicted due to behaviors?

To parents considering PCIT, we hope that you find these Southwestern Behavioral Healthcare testimonials helpful!

“Definitely do it! It will change your life. You and your child will smile more.”

“I felt like I wasn't being a good parent before PCIT. No matter what we said it didn't affect him, but now it does.”

“He listens more to what we have to say, and he doesn't argue about everything like he used to.”

“He obeys us and now he knows what to expect.”

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Parent-Child Interaction Therapy (PCIT)



What is PCIT?

Parent-Child Interaction Therapy (PCIT) is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. PCIT teaches caregivers to manage their child's difficult behaviors. PCIT works with the child and caregiver together to improve behavior and reduce parenting stress. PCIT is an evidenced-based, trauma informed treatment approach which addresses behavioral and attachment issues.

PCIT consists of weekly sessions (10-20 sessions).

Child-Directed Interaction (CDI)
Caregivers are taught the PRIDE skills: Praise, Reflect, Imitate, Describe and Enjoyment. These skills promote positive child behaviors.

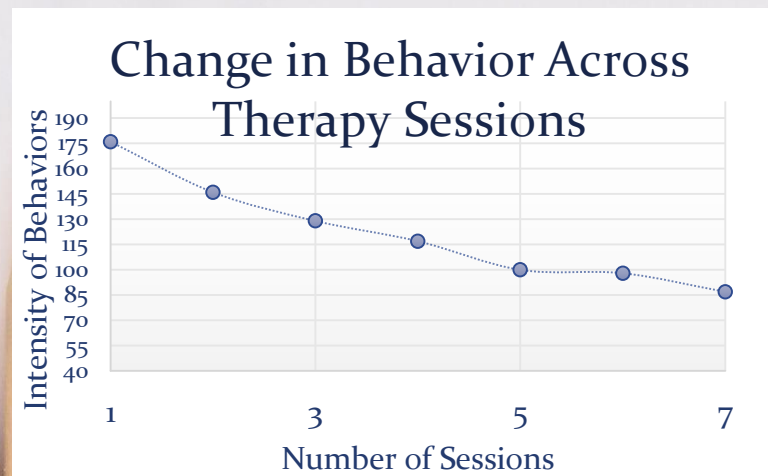
Parent-Directed Interaction (PDI)
Caregivers learn to use effective commands and discipline procedures. The PCIT therapist helps caregivers manage their child's behaviors in many settings.

Does PCIT Work?

PCIT is an exceptionally effective treatment backed by 40 years of research. While live coaching is the primary method of caregiver training, PCIT includes two time commitments:

- Weekly therapy
- Weekly practice at home (this is necessary for your child to improve behaviors)

The graph below displays data of positive behavioral changes after only seven sessions of PCIT treatment.



Who Would Benefit?

Children ages 2 to 6 who display any or all of the following:

- Parent-child relational problems
- Refusal and defiance of adult requests
- Easily frustrated
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

Who are Appropriate Caregivers for PCIT?

- Biological parents
- Foster parents
- Adoptive parents
- Legal guardian
- Grandparents
- Kinship caregivers
- Teachers