

Parent-Child Interaction Therapy

Parent-Child Interaction Therapy (PCIT) is a short-term, specialized behavior management program designed for young children experiencing behavioral or emotional difficulties and their families. PCIT teaches caregivers to manage their child's challenging behaviors while increasing their positive behaviors. PCIT works with the child and caregiver to improve behavior and reduce parenting stress.



Who is PCIT for?

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

- **Parent-child relational problems**
- **Refusal and defiance of adult requests**
- **Easy loss of temper**
- **The purposeful annoyance of others**
- **Destruction of property**
- **Difficulty staying seated**
- **Difficulty playing quietly**
- **Difficulty taking turns**

**CLATSOP
BEHAVIORAL
HEALTHCARE**

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PCIT

Parent-Child Interaction Therapy

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Clatsop Behavioral Healthcare

What is PCIT?

PCIT consists of weekly sessions conducted in two treatment phases.

- **Child-Directed Interaction (CDI)** – Caregivers are taught PRIDE Skills, promoting positive child behaviors;
 - **P**raise, **R**eflect, **I**mitate, **D**escribe, **E**njoy
- **Parent-Directed Interaction (PDI)** – Caregivers learn to use effective commands and discipline procedures. The PCIT therapist helps caregivers manage their child's behavior in many settings.

Who are appropriate Caregivers for PCIT?

- Biological Parents
- Foster Parents
- Adoptive Parents
- Legal Guardians
- Grandparents
- Kinship Caregivers

Advantages of Live Coaching

- Skills are acquired rapidly by caregivers, as they practice in the moment with therapist support.
- Therapists provide caring support as caregivers gain confidence and master their skills.
- Therapists provide immediate feedback about strategies to manage the child's challenging behaviors.

How does PCIT Work?

PCIT is an exceptionally effective treatment backed by more than 30 years of research. Live coaching is a hallmark of PCIT. The therapist observes the caregiver and child together then provides coaching on the PCIT skills. Caregivers and therapists work together to manage challenging child behaviors.



Is PCIT right for your family?

- Do you have a 2 to 6 year old child with challenging behaviors?
- Do you worry about how to manage your child's difficult behaviors?

If **YES**, then PCIT may be a good fit for you and your family.

For more information or to get started, contact us at (503) 325-5722, or speak to your clinician.



For after-hours parenting support, please contact the Parent Support Line.
(971) 286-0417

