PCIT

Parent Child Interaction Therapy is a research supported treatment for young children with emotional and behavioral problems. PCIT is for children with defiant behaviors who have problems following rules, anger, or aggressive behaviors. PCIT uses numerous behavior techniques to improve the child’s behaviors. PCIT places emphasis on improving the quality of the parent-child relationship and changing the parent- child interaction patterns.

Who is eligible for this treatment?

Children between ages 2-6

Caregivers of the children

What does PCIT therapy consist of

Use of standardized assessment instruments to guide treatment

Child Directed Interaction and Parent Directed Interaction phases of Treatment

Coaching of the parents in live therapy with their children

Lean and use behavior techniques

Assignment of homework between sessions