

jssa

PARENT-CHILD
INTERACTION
THERAPY (PCIT)



JEWISH SOCIAL SERVICE AGENCY

www.jssa.org • 301-816-2633

PARENT-CHILD INTERACTION THERAPY (PCIT)

PCIT is a live coaching program that teaches parents or caregivers strategies for relating to children with emotional or behavior problems, developmental disabilities, or mental health disorders. By learning specific communication skills, parents can build better relationships with their children, reduce parenting stress, and improve family dynamics.



HOW DOES PCIT WORK?

PCIT is an exceptionally effective treatment backed by over 30 years of research. The real-time feedback helps parents and caregivers confidently master new skills and techniques for promoting good child behavior. Between live coaching from the therapist and five minutes of daily practice at home, many parents start seeing improvements in their child's behavior after the first few sessions.

WHAT TO EXPECT

PCIT is conducted in weekly 50-minute sessions and can include up to two caregivers per session. Most families complete treatment after 12 to 20 weeks.

In a typical session, the therapist will observe the parent (or caregiver) and child playing from behind a two-way mirror and offer instruction to the adult using a wireless earpiece.

IS MY CHILD ELIGIBLE FOR PCIT?

PCIT is for children between the ages of 2 and 7 who display any or all of the following:

- Strained relationships with caregivers
- Lack of cooperation with others
- Easy loss of temper
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

PCIT is covered as family therapy by Medicaid and most private insurances.



***Do you have a 2 to 7 year old
with difficult behaviors?***

***Do you feel like you've tried
everything and nothing works?***

***Do you want to develop more
confidence in your parenting skills?***

If so, you and your family might benefit from PCIT, a weekly parent-coaching program focusing on relationship-building and reinforcing positive behavior.

Contact us today for more information or to schedule your first appointment.

www.jssa.org • 301-816-2633

jssa

Partner Agency of
The Jewish Federation
OF GREATER WASHINGTON



JSSA complies with applicable Federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability, or gender identity. If you speak any language other than English, language assistance services, free of charge, are available to you. Call 1-301-816-2633. Si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al 1-301-816-2633. 如果您使用繁體中文，您可以免費獲得語言援助服務。請致電 1-301-816-2633。 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. 1-301-816-2633 번으로 전화해 주십시오.