

Parent-Child Interaction Therapy (PCIT)

What is Parent-Child Interaction Therapy (PCIT)?

PCIT is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. PCIT works with the child and caregiver together to improve overall behavior and reduce parenting stress.

How does PCIT work?

PCIT is an exceptionally effective treatment backed by over 30 years of research. The therapist will observe the caregiver and child interaction, then provide live coaching in the PCIT skills. During weekly sessions and two treatment phases, caregivers and therapists work together to manage challenging child behaviors.



Who is PCIT for?

Children ages 2.5 to 6.5 who display any or all of the following: parent-child relational problems, refusal and defiance of adult requests, loss of temper, purposeful annoyance of others, destruction of property, frequent fighting and/or aggression towards others, difficulty staying seated, playing quietly, or taking turns.

For more information email:

FamilyPartners.Referrals@phillipsprograms.org



Child Directed Interaction (CDI):

Caregivers are taught the **PRIDE** skills: Praise, Reflection, Imitation, Description, and Enjoyment. These positive skills promote positive child behaviors.

Parent Directed Interaction (PDI):

Caregivers learn to use effective commands and effective discipline procedures. The PCIT therapist helps caregivers learn to manage their child's behavior in many settings.

Advantages of live coaching include:

skills are acquired by caregivers more rapidly as they practice in the moment with therapist support; therapist provides immediate feedback; therapist provides support as caregivers gain confidence and master their skills; and the frequency of positive behaviors from the child increase, while negative behaviors decrease.



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