




Is PCIT right for your family?

-  Do you have a 2.5 to 6.5 year old child with challenging behaviors?
-  Does your child struggle with difficult behaviors at home and/or in childcare and/or school settings?
-  Do you worry about how to manage your child's difficult behaviors?

Parent Child Interaction Therapy might be right for you and your family.

For more information, email FamilyPartners.Referrals@phillipsprograms.org or call 703.658.9054.



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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 teaches caregivers to manage their child's behaviors, while focusing on increasing their positive behaviors.

During weekly sessions and two treatment phases, caregivers and therapists work together to manage challenging child behaviors and reduce parenting stress.



Child Directed Interaction (CDI)





Caregivers are taught the **PRIDE** skills: **P**raise, **R**eflection, **I**mitation, **D**escription, and **E**njoyment. 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

PCIT is backed by over 30 years of research. Live, real-time coaching is the hallmark of PCIT.

-  Skills are acquired by caregivers more rapidly, as they practice in the moment with therapist support.
-  The therapist provides immediate feedback to caregivers while observing the child's challenging behaviors.
-  The therapist provides caring support as caregivers gain confidence and master their skills.
-  The frequency of positive behaviors from the child increase, while their negative behaviors decrease

