

## Is PCIT Right for You?



Is your child destructive? For example, do they break things on purpose?

Tired of getting phone calls from school about your child's behavior?

Feeling overwhelmed by your child's tantrums?

Love your child, but don't like his or her behavior?

### PCIT might be for you!

Research indicates that as a child's problem behaviors **decrease**, parenting skills **improve**, and the quality of a **parent-child relationship is enhanced**.

PCIT can improve behavior in other settings, such as school, day care, and with siblings.

**Call today to learn more and set up an appointment!**

**Phone:** 717-606-1683

**Website:** [www.iu13.org/PCIT](http://www.iu13.org/PCIT)

**Location:** 1020 New Holland Avenue  
Lancaster, PA 17601

#### Payment Options:

- Medical Assistance/PerformCare
- Private Insurance
- Self Pay



## Parent-Child Interaction Therapy (PCIT)

Improve your child's behavior through live coaching



**iu13**

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# What is PCIT?

PCIT is an evidence-based treatment for young children ages 2-7 with behavioral problems.

PCIT is conducted through “coaching” sessions during which a therapist observes behavior between you and your child in a playroom. The therapist watches interactions through a one-way mirror, all while providing realtime coaching skills to you through a “bug-in-ear” device.



## Benefits:

- Improved relationships
- Increased attention span
- More positive interactions
- Decreased problem behaviors
- Increased pro-social behaviors

# PCIT Parent-Child Interaction Therapy

*The therapist will explain and show you all the skills you will be learning throughout treatment.*



**Parent-Child Interaction Therapy involves two treatment phases with the help of a highly trained therapist:**

### Phase 1: Child-Directed Interaction

Teach skills which will help your child to:

- Calm down
- Subdue anger
- Improve attention and focus
- Enhance cooperation during learning
- Strengthen your already warm relationship

### Phase 2: Parent-Directed Interaction

Involves learning specific discipline techniques to teach your child to:

- Follow directions
- Decrease problem behaviors

PCIT-Therapy and the subsequent change process is implemented through the parent, thus enhancing the parental capacity to provide nurturance, limit setting, and everything in between, all while remaining consistent with the needs of the situation.

### How long does it take to complete PCIT?

The average length of treatment typically varies between 12 and 20 sessions. Treatment length is variable and dependent upon each family's specific needs. Some families complete treatment in fewer than 12 sessions, while other families take more than 20 sessions to meet treatment “graduation requirements.”

### How is PCIT different?

Many behavioral parent-training programs teach similar parenting skills, but PCIT differs from other programs because it:

- Emphasizes in-session parental practice of skills
- Provides parents with live coaching and feedback related to skills
- Ensures that parents master specific parenting skills
- Allows parents to rate children's behavior problems as within normal limits before treatment graduation