

Parent-Child Interaction Therapy (PCIT)

Jeanne Doe Dukes, LCSW

302-430-2127



Parents are the only people with the power to successfully resolve their child's problems. Parent-Child Interaction Therapy (PCIT) gives parents the tools needed for specialized parenting. Some children are temperamentally more difficult to parent than others because of short attention spans, difficulty handling change, willfulness, or developmental problems. PCIT teaches parents to be experts in behavior modification and to specifically parent children who do not respond well to typical parenting styles. By the end of treatment, your friends will be coming to you for parenting advice.

Who is this for?

- Children ages 3-6 years old with challenging or disruptive behaviors, and their caregivers

How can PCIT help your child?

- Develop more secure and warm relationship with parent
- Learn to play better with their peers and family members
- Improve frustration, become less angry
- Decrease problem behaviors
- Learn to be more cooperative with parents

How can PCIT help parents?

- Improve quality of parent – child relationship
- Increase pro-social behaviors
- Decrease parenting stress
- Improve positive discipline
- Feel encouraged and hopeful

www.lewescounseling.com

www.pcit.org

Is this you?

Does your child refuse to follow instructions? Do they exhibit low self-esteem? Do they bite or hit classmates? Do they throw objects or tantrums? Has your child care center threatened to end child care for your child if things don't improve? PCIT works best with children having these and other emotional or behavioral problems.

What is Parent Child Interaction Therapy ?

PCIT is a proven effective treatment that involves working with both parent and child. It has been used with thousands of children throughout the country. It is unique in that the therapist and parent will not just talk about parenting, but involves direct skills coaching using a bug-in-ear device.

Therapy is divided into two parts: Child Directed Interaction (CDI) and Parent Directed Interaction (PDI). In CDI, parents are taught specific skills by the therapist to establish a nurturing and secure relationship with the child. During PDI, parents will be taught specific discipline techniques to teach the child to follow instructions and to decrease behavior problems.

What happens at the session?

Parents or caregivers participate with their child in joint sessions similar to play therapy. The therapist will coach the parent, telling them specifically what to say and do. First, skills will be taught which will improve the parent-child relationship. Once the foundation is set and the skills are mastered, the parent then learns skills for improving their child's compliance and establishing house rules.

How long does it take?

Treatment length is based on parent's mastery of the new skills, but on average lasts 12-16 sessions. Many families that receive PCIT report significant improvements within the first half of treatment. PCIT can help reduce parental stress and improve the overall relationship with the child. Your entire family can benefit and enjoy life more.