



INTERNET DELIVERED- PARENT CHILD INTERACTION THERAPY (I-PCIT)

What is PCIT?

Parent Child Interaction Therapy (PCIT) is an evidence-based parent training program designed to help families with children between the ages of 2 to 7 displaying behavioral difficulties including:

- Aggression
- Tantrums
- Defiance
- Parenting Stress

PCIT is based around play. It teaches parents specific skills in a one-on-one program with the therapist providing immediate positive and supportive feedback to the parent during real life parent-child play sessions.

Question: “What? My child won’t sit in front a camera and talk for an hour!”

You’re right they won’t! PCIT is a play therapy model for kids. So, after the initial intake assessment your child will be playing with you the whole time while you are coached by your PCIT therapist over the earpiece.

To participate in I-PCIT you need:

1. A quiet, safe place in your home for your appointment. Preferably a room with a door.
2. Desktop computer, laptop, or iPad with working camera
3. Internet connection
4. Bluetooth/wireless earpiece
5. A selection of your child’s toys

Using a secure video-based program similar to Zoom your I-PCIT therapist will conduct appointments with you in your own home.

The average treatment program is 12 to 20 weekly 1-hour sessions. During sessions, your therapist will speak with you, coach and support you as you play with your child.

Regular appointments and practicing the skills between sessions is necessary for you and your child to obtain the best results.

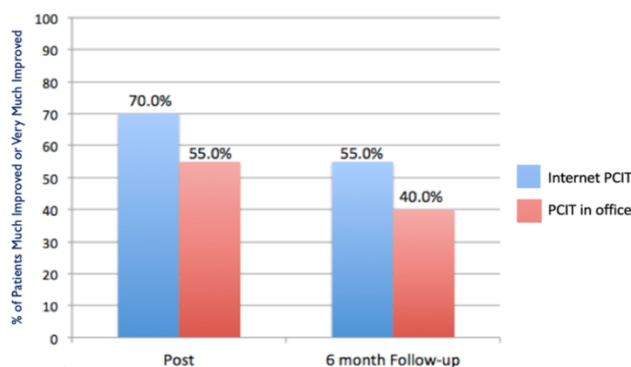
Why participate in I-PCIT program?

Parents benefit from learning to use the skills in their homes, rather than an office setting.

The child’s behavior improves more quickly.

In a comparison with traditional PCIT in the office, i-PCIT shows comparable or even more positive outcomes as shown on the graph to the left.

% of Patients who had excellent response using Telehealth Parent-Child Therapy



Comer et al., 2017 JCCP

For more information or to request an appointment please visit our website

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