

PCIT

A Different Kind of Treatment

PCIT is a hands-on treatment to help children listen & behave better. Therapists & caregivers work as a team to conquer behavior problems in a practical yet unique way.

Here's How PCIT Works:

We're behind a 1-way mirror, out of the way, but connected to you.

Through a wireless earpiece, we whisper strategies proven to help children.

We walk you through the skills & have your back while you practice with your child.



Here's Why PCIT Works:

A partner in parenting We make step-by-step changes together. You don't have to try things out on your own, we're in this together.

Real-time help
We can instantly see how the skills are working & make tweaks so they work even better.

Research shows nothing beats in-the-moment practice for getting behavior problems under control.¹

A formula for success We use tried & true techniques to make parenting easier, & we practice until you've got it down like second nature.

The Road to Change

PCIT has 2 phases

start Get to know each other

We'll first chat about your family's needs & goals, fill out some forms, & watch you & your child play. This important information helps us better help you.

Learn

Practice

1 Connect

Phase 1 is about making your bond stronger & bringing out the best in your child. These skills make children want to listen more & be good.

2 Correct

Phase 2 is about getting your child to listen right away. These skills help children follow directions & learn consequences.

Learn

Practice

Learn Learn about skills during a therapist & caregiver meeting.

Practice Practice skills with your child during coaching visits.

"You are going to be amazed. I literally have a different kid. I tell everyone I know and see about this therapy."

-Amanda P., Mom of 6-year-old daughter

A brighter day

By the end of PCIT, you'll have an easier & more enjoyable relationship. You'll have tools to parent smart, saving time & stress. Your child will feel like a good kid & you'll feel like a proud parent with a child on the right path.

“Let me tell you
our lives are
forever changed
in a positive way.”

-Julieann C., Mom of
4-year-old son



PCIT Pays Off

46% Reduction in
misbehaviors²

3+

Years later
children still
have good
behaviors³

Both parents &
professionals
endorse PCIT

89% Satisfaction
rate among
parents⁴

40

Years of
helping
thousands
of families

300+

Research
studies
about PCIT

#1

Scientific rating
by Evidence-Based
Clearinghouse⁵

PCIT Essentials

Who Do We Help?

Children 2-7 who:

- Hit/ kick/ bite
- Talk back/ whine/ swear
- Don't follow directions
- Have temper tantrums/ outbursts
- Are easily distracted/ impulsive/ hyperactive
- Have problems with peers/ siblings
- Have been thrown out of daycare/ school

Caregivers:

- Biological parents
- Foster & adoptive parents
- Family members

How Long Is PCIT?

Visits to PCIT are 1 hour each week.

PCIT lasts 12-20 visits,
sometimes more or less as
each family's needs are
different. We work together
until you've got the skills down & behaviors are
on track. Many families start seeing changes
after the first few sessions!

Who Are We?

Sources:

1. Kaminski, J. W., Valle, L. A., Filene, J. H., & Boyle, C. L. (2008). A meta-analytic review of components associated with parent training program effectiveness. *Journal of Abnormal Child Psychology*, 36(4), 567-589.
2. Danko, C. M., Garbacz, L. L., & Budd, K. S. (2016). Outcomes of parent-child interaction therapy in an urban community clinic: A comparison of treatment completers and dropouts. *Children & Youth Services Review*, 63, 42-51.
3. Hood, K. K., & Eyberg, S. M. (2003). Outcomes of parent-child interaction therapy: Mothers' reports of maintenance three to six years after treatment. *Journal of Clinical Child & Adolescent Psychology*, 32(3), 419-429.
4. Brexton, E. V., Jacobs, J. R., Rayfield, A. D., & Eyberg, S. M. (1999). A consumer satisfaction measure for parent-child treatments and its relation to measures of child behavior change. *Behavior Therapy*, 30(1), 17-30.
5. The California Evidence-Based Clearinghouse for Child Welfare. Parent-child interaction therapy. Retrieved from <https://www.cebc4cw.org/program/parent-child-interaction-therapy/>

Developed by Rebecca S. Handman, M.S.
with Marta M. Shinn, Ph.D.
Illustrations by Gary P. Handman

Brochure development funded by:



Get your child on the
path to better behavior

PCIT

Parent-Child
Interaction Therapy

