

PCIT is great for...

- Biological parents
- Adoptive Parents
- Foster parents
- Legal Guardians
- Grandparents
- Kinship Caregivers

For Children ages 3-8

- Who display concerning behaviors such as, but not limited to
 - refusal/defiance of adult requests
 - physical aggression,
 - property destruction,
 - negative attention seeking,
 - Easy Loss of temper
- Who have experienced past trauma or disrupted attachment with caregivers
- Who are involved in a custody dispute and needs consistency between households



Get In Touch



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PCIT

Parent-Child
Interaction Therapy



Dena Alt, MEd, CCC

Parent Coach, Counselor,
Consultant, Trainer



Dena Alt, MEd, CC

I am a Washington State Master's level Certified Counselor and I am Nationally Certified with PCIT International as a Parent-Child Interaction Therapist. I have worked with children and families for over 25 years, 12 as a certified PCIT Therapist and trainer. I love joining with parents and caregivers on their journey to enhancing relationships and better understanding the unique needs of their children.



What is PCIT and How does it work?

● What is PCIT?

PCIT is a short-term, evidence based behavioral treatment program originally designed for parents of children ages 3-8 with "behavioral challenges". PCIT has been a recognized effective program for over 30 years, backed by extensive research. Not only is PCIT recognized in the US, it is being utilized worldwide, across multiple cultures and countries, across various neurotypes and disabilities, as well as used in parenting and custody disputes and within the child welfare system.

● How does it work?

PCIT uses an active, or live, coaching model practicing the use of skills together. This is not a typical counseling program just for your child. I work with you to help you with your child, to help you transform your relationship, gain confidence with parenting a neurodivergent child or child with "behavior challenges", and learn skills to create a happier and healthier home environment. I use a home-based model, working directly with you and your child IN YOUR HOME.

● How long does it take?

PCIT consists of weekly sessions *with* your child and conducted in 2 treatment phases. It takes approximately 14-20 weeks to meet graduation criteria. If the child does not live with the adult participating in PCIT, the caregiver needs a minimum of 3 weekly visits to practice the skills taught during sessions.

● Treatment Phases

1. Child-Directed Interaction (CDI), is also known as Relationship Enhancement. I teach a specific set of language based skills to be used in a play environment utilizing toys as our primary tool. I expect parents to practice these skills daily with their child for 5 minutes of structured one-on-one time. We typically see a significant change in behavior during this phase without directly working on behavior.
2. Parent-Directed Interaction (PDI) is also known as Compliance Training and/or Structured Discipline. We teach a simple and concrete system easy for both parents and children to understand. During this phase I also focus and assessing can't vs. wont behaviors

To learn more about PCIT and set up a free initial 15 minute video consultation email dena@altruisticpursuits.com