



PARENT-CHILD INTERACTION THERAPY ADAPTED FOR OLDER CHILDREN AGES 7-10 (PCIT-OC)

- PCIT-OC aims to keep as much standard PCIT in place as possible, with some developmentally appropriate adjustments
- PCIT-OC uses a live coaching model where parents work directly with the child while getting in the moment help applying new techniques
- PCIT-OC has two phases: a relationship and positive reinforcement phase, followed by a discipline and consequences phase

PCIT-OC Helps You...

Enhance your
relationship with
your child

Increase the
behaviors you want
to see more of

Get rid of
challenging
problem
behaviors

Who is PCIT-OC for?

✓ Children ages 7-10 who are strong willed, defiant, aggressive, destructive, or have frequent temper tantrums

✓ Parents who are feeling stressed, overwhelmed and unsure how to handle their child's challenging behaviors

Though no randomized controlled trials have been done to date, a small sample size outcome study showed significant changes in parent skills and reduction of problem behavior

