



PCIT

Parent-Child Interaction Therapy (PCIT)

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment that is designed to help both caregivers and children. PCIT teaches caregivers skills to improve their relationship with their child, learn positive parenting skills, and use safe and appropriate discipline practices.

PCIT is for children ages 2-7 who are experiencing behavioral concerns, impulsivity, difficulty managing emotions, attachment problems, and behaviors and reactions related to trauma.

Benefits of PCIT

- ✓ Builds caregiver-child relationship
- ✓ Increases positive interactions between caregiver and child
- ✓ Improves caregiver response to child
- ✓ Enhances family safety
- ✓ Decreases disruptive behaviors
- ✓ Builds parent management strategies



Five minutes a day of one-on-one child led time increases positive interactions

McNeil, Hembree-Kigin "Parent-Child Interaction Therapy" 2010

Research shows PCIT is a successful intervention for a wide variety of emotional and behavioral concerns, including:

- Trauma Related Disorders
- Oppositional Defiant Disorder
- Attention-Deficit Hyperactivity Disorder
- Anxiety Disorders
- Other Disruptive Behavior Disorders

McNeil, Hembree-Kigin "Parent-Child Interaction Therapy" 2010

Structure of Treatment

PROCESS

Caregivers play an integral role in helping a child heal and ultimately treatment works best when caregivers are involved. PCIT involves caregivers in each session.

PCIT is typically provided in 10 to 20 sessions, each lasting about 1 to 1.5 hours. Additional treatment sessions are added as needed.

The amount of time in PCIT depends on each family because each family is unique. The process will only move forward if the caregivers, child, and therapist feel that improvements have been noted.

www.childwelfare.gov/pubpdfs/f_interactbulletin.pdf

PHASES

1 Relationship Enhancement *Child-Directed Interaction*

The first phase of treatment focuses on improving the quality of the relationship between the caregiver and the child. This phase emphasizes building a nurturing relationship and secure bond between caregiver and child.

2 Discipline & Compliance *Caregiver-Directed Interaction*

The second phase of treatment concentrates on establishing a structured and consistent approach to discipline. During this phase, the caregiver takes the lead. Caregivers are taught to give clear, direct commands to the child and to provide consistent consequences for both compliance and noncompliance.

PCIT Live Coaching

Live coaching provides immediate prompts to caregivers while they interact with the child. During the course of this hands-on treatment, caregivers are guided to demonstrate specific relationship-building and discipline skills.



The benefits of live coaching are significant:

- Caregivers are provided with opportunities to practice newly taught skills
- Therapists can correct errors and misunderstandings on the spot
- Caregivers receive immediate feedback
- Caregivers are offered support, guidance, and encouragement as they learn
- Treatment gains are recognized by the caregiver "in the moment", which supports continued use of effective caregiving skills



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