

# Parent-Child Interaction Therapy (PCIT)

## What is PCIT?

Parent-Child Interaction Therapy (PCIT) is a trauma-informed evidence-based treatment to help young children, **ages 2-6**, with disruptive behavior. This short-term program focuses on teaching effective discipline techniques and improving the parent-child relationship through a combination of play therapy and behavioral therapy.



## Who is PCIT right for?

**PCIT is for children between the ages of 2 ½ and 6 ½ who display, or are reported to engage in, negative behaviors. It includes one-hour, weekly sessions. Children that can benefit from PCIT commonly include those who:**

- Have relational problems with parent/caregiver
- Refuse adult requests/defiant
- Easily lose their temper
- Purposefully annoy others
- Destroy property
- Frequently fight and/or show aggression toward others
- Have difficulty staying seated
- Have difficulty playing quietly
- Have a history of trauma

## Advantages of PCIT

**A distinctive feature of PCIT is live, in-the-moment feedback. Therapists observe caregiver and child interacting and provide live coaching.**

**Advantages include:**

- Caregivers acquire effective parenting skills rapidly by practicing in the moment with therapist support.
- Therapists provide immediate feedback to caregivers while observing the child's challenging behaviors.
- Therapists provide caring support as caregivers gain confidence and master their skills.
- The frequency of the child's positive behaviors increase, while negative behaviors decrease.

**We're here when you need us, with offices across the state.**

Central Virginia  
434-382-1642

[www.ncgcommunity.com](http://www.ncgcommunity.com)  
877-566-9624

Tidewater  
757-467-8184