



DEPARTMENT OF PEDIATRICS

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Parent Child Interaction Therapy Participation Expectation

PCIT is a powerful program for children with behavior problems. Research shows that most children who complete PCIT no longer have problems with aggression, non-compliance, and temper-tantrums. And, these improvements can be seen up to 2 years after treatment is over.

However, PCIT only works if parents can commit to coming in for treatment once a week for 12 to 18 weeks. We understand that this is a big commitment. So, we are going to start by asking for a small commitment.

To get the program off to a strong start, we ask that you commit to coming to **4 sessions, and practicing the skills at home for 5 minutes a day, at least 4 days a week.** At the end of those 4 sessions, you should see a change in your child's behavior. Then, we will tell you what we plan to do in additional sessions, and ask you if you can commit to coming to additional sessions.

If you commit to PCIT, but something comes up that prevents you from coming to your appointment, it is important that you call ahead of time to let your therapist know. Before you come, your therapist is preparing for your session. Your therapist reviews notes, collects handouts for you, and sets up the room. By calling ahead when you cannot make it, your therapist can use that time to help other families. Also, your therapist will work with you on trying to schedule another appointment as soon as possible so your child will keep improving.

I, _____, agree to come to 4 sessions of Parent-Child Interaction Therapy and practice the skills at least 4 out of 7 times a week. I also agree to call ahead of time if an emergency arises and I cannot make my appointment. I understand that if I do NOT attend as expected, my therapist may have to discontinue PCIT with my child and me to make room for other families.

Signature

Date

Therapist's Signature

Date