

Parent – Child Interaction Therapy (PCIT)



What is PCIT?

PCIT works with parents and children together to improve the quality of the parent-child relationship and to teach parents the skills necessary to manage their child's severe behavior problems. PCIT is proven effective by over 100 research studies.

How does PCIT work?

There are two parts to PCIT. In the first part, Relationship Enhancement, therapists coach parents to increase positive and supportive communication with their child. The second part, Strategies to Improve Compliance, teaches effective child-management skills. Parents learn and practice specific skills during therapy until they master them and their children's behavior improves.

Who is PCIT for?

- **Parents who are:**
 - Overwhelmed, depressed, stressed, feel guilt and are confused about how to deal with their children's disruptive and challenging behaviors
- **Children who:**
 - Are between the ages of 2 and 7 years
 - Exhibit many of the following behavior problems:
 - Difficulty in school, preschool, and/or daycare
 - Aggression toward parents, siblings, and/or other children
 - Sassing back to their parents
 - Refusing to follow directions
 - Frequent temper tantrums
 - Swearing
 - Defiance
 - Are currently living with their parent (or will soon be reunited)
 - May be on medication to manage their behavioral problems
 - Are currently in foster care (treatment can be conducted with biological, foster, or adoptive caregivers)

For information on PCIT Training please visit: pcit.ucdavis.edu



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