

PARENT-CHILD INTERACTION THERAPY

A TREATMENT FOR CHILDREN AND FAMILIES

What is PCIT?

Parent-Child Interaction Therapy (PCIT) is an evidence-based therapy for young children (ages 2.5 to 7 years old) who have disruptive and/or oppositional behaviors.

In PCIT, therapists coach parents on how to use effective relationship and behavior management skills with their young child when he or she presents behaviors like:

- Tantrums and not listening
- Intentionally taking or breaking others' things
- Difficulty playing with other children
- Hitting or kicking others

Who benefits from PCIT?

Both parents and children benefit from PCIT. This type of treatment is particularly beneficial for families who are at risk of losing their daycare or school placements and families involved with child welfare. PCIT is successful because it helps parents and children learn by doing.





How do parents & children learn the PCIT skills?

In each of the two phases, the therapist teaches skills and then coaches parents while they practice the skills with their child. Advancing to phase two and then graduation is dependent on both the parents mastering the skills and changes in the child's behavior. To accomplish the goals of PCIT, weekly, hour-long therapy sessions generally occur for 12-20 weeks.

What are the outcomes of PCIT?

Each phase of PCIT treatment presents different outcomes for both the parent and child:

Phase One

- Decreased frequency, severity and/or duration of tantrums
- Decreased negative attention-seeking behaviors (whining and bossiness) from child, and decreased parental frustration
- Increased attention span, self-esteem, and pro-social behaviors

Phase Two

- Decreased frequency in severity and duration of destructive behaviors and defiance
- Increased respect for rules, and higher parental confidence during discipline
- Improved behavior in public

If you think PCIT is the right match for you and your child, talk to your Valley Health pediatrician about a referral.

VH PCIT Locations

Hurricane | 304.760.6040

3729 Teays Valley Road | Ste 100 | Hurricane, WV

East Huntington | 304.399.3310

3377 Route 60 E | Huntington, WV

Southside | 304.529.0645

723 Ninth Avenue | Huntington, WV