



# PARENT-CHILD INTERACTION THERAPY

DO YOU HAVE A CHILD WITH CHALLENGING BEHAVIORS?  
IF YES, PARENT-CHILD INTERACTION THERAPY MIGHT BE RIGHT FOR YOU!

## ABOUT THE PROGRAM:

Parent-Child Interaction Therapy (PCIT) is an intervention for young children with challenging behaviors.

PCIT teaches caregivers specific behavior management techniques as they interact with their child.

PCIT focuses on increasing children's positive behaviors. The therapy consists of weekly 1-1.5 hour sessions and is comprised of two treatment phases.

## HOW DOES IT WORK:

PCIT is an effective treatment backed by over 30 years of research. Live coaching is the primary method of caregiver training.

The therapist observes the caregiver and child, providing coaching through an earpiece.

Caregivers and therapists work together to manage challenging child behaviors.

## ADVANTAGES OF LIFE COACHING:

- Skills are acquired more rapidly because caregivers learn by doing.
- The therapist provides immediate feedback to caregivers while observing challenging behaviors.
- The therapist provides caring support as caregivers gain confidence and mastery of skills.



## WHO THIS PROGRAM IS FOR:

Children ages 2 1/2 - 6 1/2 years old who are displaying the following:

- parent-child relational problems
- refusal & defiance of adult requests
- loss of temper easily
- purposeful annoyance of others
- destruction of property
- difficulty staying seated
- frequent fighting & hurting of others
- difficulty playing quietly

## CAREGIVERS INCLUDE:

Parents, foster parents, adoptive parents, and legal guardians who have at least 3 days with the identified child.

Caregivers will learn specialized play therapy skills to redirect and manage disruptive behaviors.

Most importantly, PCIT is fun for both the caregiver and child!

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