

Parent-Child Interaction Therapy (PCIT)

Is PCIT right for your family?

Do you have a 2 ½ to 6-year-old child who challenges you as a parent? Do you worry about how to manage your child's difficult behaviors? If yes, then PCIT might be right for you and your family!

We look forward to working with you!

What is PCIT?

PCIT is a short-term, specialized behavior management program designed for young children with behavioral and/or emotional difficulties and their families. PCIT teaches caregivers to manage their child's difficult behaviors, while increasing their positive behaviors. PCIT works with the child and caregiver together to improve behavior and reduce parenting stress.

PCIT consists of weekly sessions conducted in two treatment phases:

- **Child-Directed Interaction (CDI)** – Caregivers are taught the PRIDE skills: Praise, Reflect, Imitate, Describe and Enjoyment. These skills promote positive child behaviors.
- **Parent-Directed Interaction (PDI)** – Caregivers learn to use effective commands and discipline procedures. The PCIT therapist helps caregivers manage their child's behaviors in many settings.

PRIDE Skills

1. Praise
2. Reflect
3. Imitate
4. Describe
5. Enjoy

More on Back

- Call 605.444.9700 for Details



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How does PCIT work?

PCIT is an exceptionally effective treatment backed by over 30 years of research. Live coaching is a hallmark of PCIT. The therapist observes the caregiver and child together, then provides coaching on the PCIT skills. Caregivers and therapists work together to manage the child's challenging behaviors.

The Advantages

In a live coaching setting, skills are acquired rapidly by caregivers, as they practice in the moment with therapist support. Therapists provide caring support as caregivers gain confidence and master their skills, and deliver immediate feedback about strategies to manage the child's challenging behaviors.

Who is PCIT for?

Children ages 2 ½ to 6 who display any or all of the following:

- Parent-child relational problems
- Refusal and defiance of adult requests
- Easy loss of temper
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

Who are the appropriate caregivers for PCIT?

- Biological parents
- Foster parents
- Adoptive parents
- Legal guardians
- Grandparents
- Kinship caregivers

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