

# The Best Tools for the Biggest Parenting Challenges

## What is Parent Child Interaction Therapy (PCIT)?

An evidence-based treatment for young children with behavioral problems. A clinical psychologist coaches parents while interacting with their child, with the goal of learning to manage the child's behavior.

**Who can benefit?** Children ages 2-7, with adaptations for older children

**Concerns:**

- Non-compliance
- Aggression
- Anxiety
- Disruptive behaviors
- ADHD, ODD
- Separation Anxiety
- Victims of Abuse, Trauma, or other major life changes

### Expected Outcomes:

- Overall reduction in severity and frequency of identified problem behaviors; increased pro-social behaviors
- Reduction in reported parental stress; increased feelings of effectiveness
- Increased self-regulation skills and self-esteem for children



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*Covered by most third-party payors, including Medicaid.*



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