

Parent-Child Interaction Therapy (PCIT)

Is PCIT right for your family?

Do you have a 2.5-6-year-old child who challenges you as a parent? Do you feel overwhelmed by your child's tantrums or other challenging behaviors? If yes, then PCIT might be right for you. We look forward to working with

What is PCIT?

PCIT is a short-term, specialized behavior management program designed for younger children, with behavioral and/or emotional difficulties, and their families. PCIT teaches caregivers effective strategies to increase their child's positive behaviors and to decrease their child's difficult behaviors. PCIT targets goals to build a closer relationship between parents and children and to help parents confidently manage their child's behaviors while remaining calm and consistent in their approach to discipline.

PCIT consists of weekly sessions conducted in two treatment phases:

Child-Directed Interaction (CDI):

Caregivers learn and apply the PRIDE (Praise, Reflect, Imitate, Describe, Enjoy) skills to increase warmth in their relationship to help children feel calm and secure in their relationships with their parents.

Parent-Directed Interaction (PDI):

Caregivers learn to use effective commands and discipline procedures. The PCIT therapist helps caregivers use these procedures to address their child's behaviors across settings.



Dr. Karissa Jensen

Licensed Psychologist, PCIT-Certified Therapist

Dr. Jensen is certified in Parent-Child Interaction Therapy or PCIT. She is excited about using PCIT's approach to help parents increase the warmth of their relationships with their kids and help equip parents to effectively manage their child's behaviors.



For more information:

Call Us: 605.444.9700 for an appointment or details

Toll-Free: 800.584.9298, Ext. 7400

Visit: LifeScapeSD.org



LifeScape

Creating Pathways. Improving Lives.

Parent-Child Interaction Therapy (PCIT)

How does PCIT work?

The PCIT therapist teaches parents and caregivers highly specialized methods to increase positive behaviors and decrease challenging behaviors. The therapist observes and coaches each caregiver with the child on these highly specialized methods. The therapist and caregiver work together to use these skills to address the child's challenging behaviors.

The Advantages

PCIT uses a live coaching setting to allow parents to practice in the moment with therapist support. Therapists provide support and immediate feedback to encourage caregiver confidence and mastery of skill, to better manage the child's behaviors in the home and community setting.



For more information:
Call Us: 605.444.9700 for an appointment or details
Toll-Free: 800.584.9298, Ext. 7400
Visit: LifeScapeSD.org

Who is PCIT for?

Children ages 2.5-6 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



LifeScape

Creating Pathways. Improving Lives.