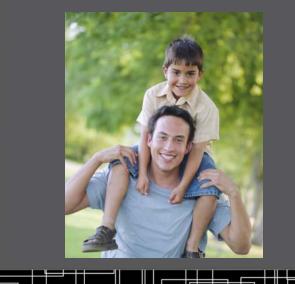
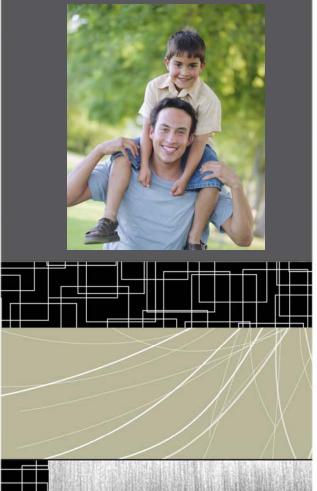
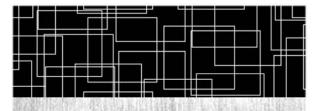
### **Benefits of PCIT**

- Reduces child negative behavior problems
- Increases child's ability to manage frustration
- Enhances the quality of the relationship between parent and child
- Increases parent's confidence with parenting skills
- Parents have better attitude toward their child







### **PCIT** is appropriate for children who:

- Are between the ages of two and seven years
- Exhibit many of the following behavioral concerns
  - o Difficulty in school, preschool, and/or daycare
  - o Aggression toward parents, siblings and/or other children
  - o Sassing back at their parents
  - o Refusing to follow directions
  - Frequent temper tantrums
  - Swearing
  - Defiance
- Are currently living with their parent(s) (or soon will be returned)
- Are currently in foster care (treatment can be conducted with birth, foster or adoptive parents)
- Have a diagnosis of ADHD, Anxiety, Trauma and RAD

### For information contact:

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## PARENT CHILD **INTERACTION** THERAPY







### What is PCIT?

PCIT is evidence based, short-term, intensive treatment program designed to help both parents and children. The PCIT program works with parent-child dyad to improve the quality of the relationship and to teach parents skills necessary to manage their children's behavior problems.

# PCIT CONSITS OF TWO PHASES

### Relationship Enhancement Phase

The *Relationship Enhancement* phase involves a coaching approach to teach parents how to increase positive and supportive communication with their child.

#### **Parent Directed Phase**

In the *Parent Directed Phase*, parents are taught the elements of effective childmanagement skills, again using a coaching approach

### How the phases are implemented

The therapist coaches from behind a oneway mirror and uses a wireless earphone to teach the parent on specific ways of relating and managing the child's behavior. The parent is immediately able to put into practice what they have just learned.

# What parents say about PCIT



- "I learned how to play with my child."
- "I've tried everything else with my child and this is the only approach that has worked."
- "We enjoy each other."
- "My child listens to me now."
- "My child rarely ever has tantrums."
- "He was only 4 and kicked out of school but now he's in school and feels good about himself."

