

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
 - Difficulty in school, preschool, and/or daycare
 - Aggression toward parents, siblings and/or other children
 - Sassing back at their parents
 - 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:

Gwen Kraft, LPC, QMHP
(503) 361-2713

PARENT CHILD INTERACTION THERAPY



PCIT

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.”

PCIT CONSISTS 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 child-management skills, again using a coaching approach

How the phases are implemented

The therapist coaches from behind a one-way 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 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.

