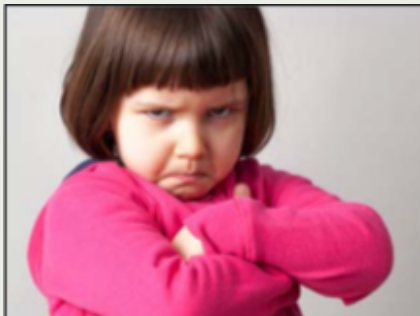


Is PCIT right for your family?

- *Do you have a 2 ½ to 6 year old child with challenging behaviors?*
- *Do you worry about how to manage your child's difficult behaviors?*

*If yes, then PCIT might be right for you and your family! Contact us for more information and to schedule an appointment. We look forward to working with you!*



## PRIDE Skills

Praise  
Reflect  
Imitate  
Describe  
Enjoy

### *Northstar Counseling Center*

120 Sears Ave, Suite 205  
Louisville, KY 40207

502.414.1301

[info@northstarcounselingcenter.com](mailto:info@northstarcounselingcenter.com)

## Parent-Child Interaction Therapy (PCIT)



## Parent-Child Interaction Therapy (PCIT)

PCIT is a short-term, specialized behavior management program designed for young children experiencing 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.

### What is PCIT?

PCIT consists of weekly sessions conducted in two treatment phases.

#### *Child-Directed Interaction (CDI)*

Caregivers are taught the PRIDE skills: **P**raise, **R**eflect, **I**mitate, **D**escribe and **E**njoyment. 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.

## 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 provide coaching on the PCIT skills.

Caregivers and therapists work together to manage challenging child behaviors.



### Advantages of Live Coaching:

- 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.
- Therapists provide 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 appropriate caregivers for PCIT?

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