

Get Your Child on the Path to Better Behavior!

Is PCIT is Right for Your Child?

PCIT is one of the most effective treatments known for children with behavior problems between the ages of 2 and 7 years. PCIT may be useful for your family if you are seeking alternative ways to manage your child's behavior now and in the future.

PCIT works for:

- 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
- Children with aggressive behaviors
- Children with Attention-Deficit/Hyperactivity Disorder (ADHD)
- Children experiencing adjustment or emotional problems
- Children with developmental and social concerns

PCIT works for kids' behaviors such as those who:

- Hit/kick/bite
- Talk back/whine/swear
- Don't follow directions
- Have temper tantrums/ outbursts
- Are easily distracted/ impulsive/ hyperactive
- Have problems with peers/siblings
- Have been thrown out of daycare/school

A Different Kind of Therapy

Charlotte Behavioral Health Care

1700 Education Avenue
Punta Gorda, FL 33950
(941) 639-8300
(941) 639-6831 (fax)

Crisis Center (941) 575-0222
Recovery Center (941) 347-6444

CBHC is committed to making treatment as affordable as possible. Most Medicaid and Medicare HMOs are accepted as well as private insurance, when applicable. For individuals without insurance coverage, a sliding fee scale is utilized for services, based on family size and income.



LEARN MORE AT CBHCFL.ORG

(941) 639-8300

1700 Education Avenue, Punta Gorda, FL 33950

Parent-Child Interaction Therapy

Charlotte Behavioral Health Care





What is Parent-Child Interaction Therapy?

Parent-Child Interaction Therapy (PCIT) is a family-based behavioral therapy for young children experiencing behavioral and emotional problems. 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.

PCIT lasts 12-20 visits, sometimes more or less as each family's needs are different. We work together until you've got the skills down & behaviors are on track. Many families start seeing changes after the first few sessions!

The weekly sessions are conducted in two treatment phases.

Child-Directed Interaction (CDI)

Caregivers are taught the PRIDE skills: Praise, Reflect, Imitate, Describe and Enjoyment. 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?

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.

We're behind a one-way mirror - out of the way, but connected to you. Through a wireless earpiece, we whisper strategies proven to help children. We walk you through the skills and have your back while you practice with your child.

Why Does PCIT Work?

A partner in parenting. We make step-by-step changes together. You don't have to try things out on your own, we're in this together. We have your back while you practice with your child.

Real-time help. We can instantly see how the skills are working & make tweaks so they work even better.

A formula for success. We use tried and true techniques to make parenting easier, and we practice until you've got it down like second nature.

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.



Benefits of PCIT

Challenging behaviors often cause children trouble at home, daycare, and school. Misbehavior makes it difficult to take a child to public places (such as stores and restaurants) and causes stress for families. Children rarely outgrow problematic behaviors on their own. These problems may interfere with academic progress and the development of appropriate social skills.

Fortunately, PCIT is an effective treatment with over 45 years of scientific support. Following PCIT, caregivers generally report high levels of satisfaction in their relationship with their child, as well as decreased levels of parenting stress and family stress.

Goals of PCIT

- Improve relationship between caregiver and child
- Increase child's ability to listening and follow directions
- Develop child's frustration tolerance and anger management
- Expand child's appropriate social skills
- Build child's attention skills
- Foster child's self-esteem

Appropriate Caregivers for PCIT

- Biological parents
- Foster & adoptive parents
- Family members