



PARENT-CHILD INTERACTION THERAPY

A Treatment for Children
and Families in Philadelphia

TO LEARN MORE

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WHAT IS PCIT?

Parent-Child Interaction Therapy (PCIT) is an evidence-based therapy for young children (ages 2.5 to 7 years old) who have disruptive and/or oppositional behaviors. In PCIT, therapists coach parents on how to use effective relationship and behavior management skills with their young children.

WHO BENEFITS FROM PCIT?

Both parents and children benefit from PCIT. PCIT helps parents with children who display problem behaviors like:

- Temper tantrums
- Intentionally taking or breaking others' things
- Not listening to adults
- Difficulty playing with other children
- Hitting or kicking others

PCIT can help children who are at risk of losing their daycare or school placements, and families involved with child welfare.

HOW LONG IS TREATMENT?

Treatment is short-term and delivered in an office. To accomplish the goals of PCIT, weekly, hour-long therapy sessions generally occur for 12–20 weeks. PCIT has two phases.

Phase 1 Child-directed interaction involves the parent following the child's lead using PRIDE skills (Praise, Reflect, Imitate, Describe, and Enjoy). The parent ignores annoying behavior and manages dangerous behaviors. During Phase 1, the child develops good pro-social skills (sharing, taking turns, etc.), focuses on tasks for longer periods of time, and becomes more connected to the parent.

Phase 2 Parent-directed interaction involves the parent teaching his or her child to follow directions, accept limits, and develop good behavior at home and in public places.

HOW DO PARENTS & CHILDREN LEARN THE PCIT SKILLS?

Parents learn the PCIT skills from their therapist during weekly sessions. The PCIT playroom is set up so the therapist can observe the parent and child play through a one-way mirror. The therapist gives direction or “coaching” through an earpiece worn by the parent during the therapy session. Parents have homework to practice the new PCIT skills at home and in community settings. PCIT is successful because it helps parents and children learn by doing. Live coaching helps parents discover what they are doing well and helps them to master skills so they can use PCIT skills in everyday life.



HOW DO FAMILIES GET REFERRED?

Schools, daycares, pediatricians, early childhood mental health workers, child welfare workers, and professionals who work with children may identify a family who could benefit from PCIT. In addition, if you think PCIT is the right match for you and your child, you can call any of the PCIT providers to schedule an appointment for an assessment.

WHO PAYS FOR PCIT?

PCIT is a mental health outpatient therapy, and is available at no cost to Community Behavioral Health (CBH) members. For more information about CBH and to find out if your family has CBH, please contact Member Services at 1-888-545-2600. If your child is not covered by CBH, you can contact the providers directly to determine if your insurance plan is accepted.

WHERE IS PCIT LOCATED?

A number of providers offer PCIT throughout Philadelphia. You can find the location nearest your family by using the PCIT provider lists on the EPIC website (dbhids.org/epic).

FOR MORE DETAILED INFORMATION

visit DBHIDS.org/EPIC

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