

## PARENT-CHILD INTERACTION THERAPY (PCIT)

A Parent & Caregiver Coaching Model for Young Children

# ASK FOR IT BY NAME: PCIT

### ? What is PCIT?

Parent-Child Interaction Therapy teaches caregivers new ways to play and interact with children ages 2½ to 7.

Caregivers learn skills that decrease problem behaviors and lower their stress through weekly sessions and real-time coaching.

### 👤 Is PCIT right for my family?

PCIT helps caregivers interact with children who show behaviors such as:

- Frequent temper tantrums
- Destructive behavior or aggression
- Not listening to adults or peers
- Difficulty playing with other children
- Problems sitting still

### Families have experienced:

#### ↓ REDUCED

- Tantrums and stress
- Aggression
- Therapy sessions after PCIT

#### ↑ IMPROVED

- Relationships
- Ability to stay in control at home and in public
- Trust



### Alex and Beth's Story

"Almost immediately, I knew it was working. Alex's reward wasn't candy, it was a connection. This therapy model is the single most helpful thing I learned."

**Beth, foster parent**

"I saw a difference after our first coaching session. Beth mastered the skills in just four weeks! I saw a change with Alex. He began to enjoy activities because he led them."

**Therapist**

**"The PCIT model works!** It gives you an opportunity to work with any caregiver of young children in a way that no other model allows. A caregiver can be an aunt, uncle, parent, foster parent, or grandparent." **Behavioral Health Provider**

### Don't Miss Out!

Call CBH Member Services at 888-545-2600 and ask for PCIT.

For more detailed information, visit [DBHIDS.org/EPIC](http://DBHIDS.org/EPIC).

## THE EVIDENCE-BASED PRACTICE AND INNOVATION CENTER (EPIC)

Effective Practices that Support People with Behavioral Health Challenges

# EVIDENCE-BASED PRACTICES: EBP

### What are EBPs?

EBPs or Evidence-Based Practices are treatments supported by research that have been proven to help people thrive.

### Why are EBPs important?

Just as doctor's offices look for the best treatments for physical health concerns, we want to do the same for behavioral and mental health concerns. EBPs provide hope to families by offering the most effective treatments.

### Where can I find EBP providers?

Visit our website, [DBHIDS.org/EPIC](http://DBHIDS.org/EPIC) or call Member Services at 888-545-2600.



## Provider agencies offering Parent-Child interaction Therapy in the Community Behavioral Health Network

- Bethanna 267-229-6778
- Child Guidance Resource Center 267-713-4100
- Intercommunity Action Inc. (Interact) 215-487-1330
- The NET Centers 215-451-7124
- Gemma (Silver Springs) 215-880-8823
- Gemma (theVillage) 215-730-2326