

A child's playroom with a white table and blue chairs. On the table are colorful toys, including a metal basket filled with blocks and a small metal pot. The wall has framed certificates. The floor is wood-grain with a blue and tan patterned rug.

Welcome to PCIT

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**PCIT International Certified Therapist
and Level 1 Trainer**



Welcome to Parent-Child Interaction Therapy (PCIT)! My name is Ms. Trish and I am a therapist. You might be wondering what that means and what happens when you and your family come to my office. This book will tell you all about it!

What is a therapist? A therapist is someone who helps people.

A therapist's job is to listen to kids and grownups, and talk to them too.

Sometimes, therapists teach kids and grownups new things to help them grow. Therapists also like to play with kids and families.

I like to help parents and families learn how to play with kids and have fun!

Playing, talking and learning can help kids and families feel better.





**Kids come to therapy for lots of
different reasons...**

**Sometimes kids have worries that
bother them.**

**Sometimes kids have really BIG feelings
and they don't know what to do with
them.**

**Sometimes parents and kids are having
a hard time getting along with each
other.**

**And, sometimes kids have had a scary
thing happen to them or someone they
love.**

Some of these things cause kids to have unhelpful thoughts, feelings, and behaviors.

This can feel confusing and kids and families can feel stuck.

Sometimes kids wonder if these things are their fault...

Therapy helps kids and families feel better. We will work together to help you feel better too!



When you come to my therapy office with your family, you will play with them in a room with fun toys and things you like to do.

I will sometimes watch you play with your parents through the window in the other room.

I will talk to the grownups in your family through special headphones to teach them new ways to play with you. You won't be able to hear me, but that's okay - your job is to play and have fun!

Sometimes you might play in the other room while I talk to your parents alone for a few minutes before we say goodbye.

I can't wait to meet you!





Trish Hobson is President and Therapist at Harmony Counseling, LLC. Trish has been a practicing clinician in the St. Louis, Missouri area for the past 15 years, and has a passion for helping children, teens, and families heal from difficult experiences.



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