

Is PCIT right for your family?

- *Do you have a 2 to 7 year old child with challenging behaviors?*
- *Do you worry about how to manage your child's difficult behaviors?*
- *Would you like to have a better relationship with your child?*
- *Are you a biological parent, foster parent, adoptive parent, legal guardian, grandparent, or kinship caregiver?*

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!



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"Just like the Lotus, we too have the ability to rise from the mud, bloom out of the darkness, and radiate into the world." ~ unknown

Parent-Child Interaction Therapy (PCIT)



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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 behaviors 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, **L**imitate, **D**escribe, and **E**njoyment. These skills promote positive child behaviors and strengthen the parent-child relationship.

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 provides 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.



- PCIT is also helpful for caregivers who:
- Experience stress when interacting with their child
 - Are unsure how to play with their child
 - Have symptoms of lowered mood that impact parenting
 - Have tried "everything" and need help

- Parent-child relational problems
- Noncompliance with adult requests
- Difficulty following simple directions
- Frequent temper tantrums
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

Who is PCIT for?

Children ages 2 to 7 who display any or all of the following: