

Smart Solution Template

Parent Child Interaction Therapy (PCIT)

Parent-Child Interaction Therapy (PCIT) is a behavior management program for families with children ages 2-5 years old experiencing behavioral or emotional difficulties. Core components for model fidelity include 1) a two-phase approach; Positive relationship building through positive reinforcements (child-directed interaction) and Discipline and compliance directionals (parent-directed interaction), 2) Play sessions, and 3) Observations. PCIT is conducted through coaching sessions during which parents wear an in-the-ear device in which the therapist provides in-the-moment coaching on skills the parent learns to manage their child's behavior. Sessions take place in a therapist's office, in a playroom that must include either a one-way mirror or a live video feed for observation. A Parent-Child Interaction Certified Therapist will work with families one-on-one in 60 minute sessions. PCIT is an assessment driven, criterion-based intervention, so families and therapists work to achieve criterion goals for each phase of PCIT. Total treatment time is 20 to 24 weeks. Therapists must be Parent-Child Interaction Certified.