

How is PCIT different than other programs and therapy?

- Parents and children are seen together in the therapy setting.
- Direct coaching is provided to the parent from behind a one-way mirror.
- Parents are coached on what to say and do to improve relationships and manage behaviors.

Advantages of live coaching:

- Skills are acquired rapidly by caregivers, as they are practiced in the moment with therapist support.
- Therapists support helps caregivers gain confidence and master the skills.
- Therapists provide immediate feedback about strategies to manage the child's challenging behavior.

Telehealth:

- PCIT is being done via telehealth, with research showing that it can be just as effective as in office. The family uses a smart device and the parent wears a Bluetooth earpiece, mirroring the process that occurs in office during a session.

For more information or to begin services contact certified PCIT Therapist Elly Keller.



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Parent - Child Interaction Therapy



Parent-Child Interaction Therapy (PCIT):

PCIT is a short-term, evidenced based, specialized behavior management therapy for children ages 2 to 7 experiencing behavioral and/or emotional difficulties and their families. It works with the parent/caregiver to improve the child's behavior, to reduce parenting stress, and it improves family relationships.



PCIT Helps:

- Enhance your parent-child relationships and child management skills
- Increase your child's ability to manage frustration
- Improve your child's minding and listening skills
- Build your child's confidence
- Encourage your child's independence and self-control
- Improve your child's attention skills
- Strengthen your child's social skills

Who is PCIT for?

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

- Refusal/defiance of adult requests
- Parent-child relational problems
- Strong willed
- Easily frustrated, lose their temper, whine
- Constantly seeks attention
- Engage in power struggles
- Have difficulty staying seated, playing quietly, or taking turns
- Exhibit sad or anxious moods
- Disruptive at daycare, school, or home
- On medication to manage their behavior problems
- Destruction of property



PCIT Results:

Clinical studies have proven that PCIT improves compliance rates, enhances the quality of the parent-child relationship, and gives parents the confidence to use highly effective parenting skills.

Parents also experience generalization across environments such as school and daycare, along with positive effects on siblings.

How does PCIT Work?

PCIT is an exceptionally effective treatment backed by over 30 years of research. Live coaching is the hallmark of PCIT. Observing behind a one-way mirror, the therapist coaches the parent through a wireless earbud on specific ways of engaging with, relating to, and managing the child's behavior in the moment utilizing PCIT skills.



PCIT consists of two phases: Child Directed Interaction (CDI) and Parent Directed Interaction (PDI). In both phases parents are taught specific skills which they are coached on each session. Therapy typically lasts 16 weeks.

Who are appropriate caregivers for PCIT?

- Biological parents
- Foster parents
- Adoptive parents
- Legal guardian
- Grandparents
- Kinship caregivers