



What is PCIT?

PCIT is an evidence-based treatment for children ages 2-7 years old who have disruptive behaviors.

It provides parents with effective strategies to manage their child's behavior while also improving the parent-child relationship.

It provides in the moment coaching to practice the skills and receive immediate feedback.

Clear Minded Counseling specializes in PCIT. Sessions are offered in office and over telehealth. If you have questions or want to get on our schedule, please contact us.

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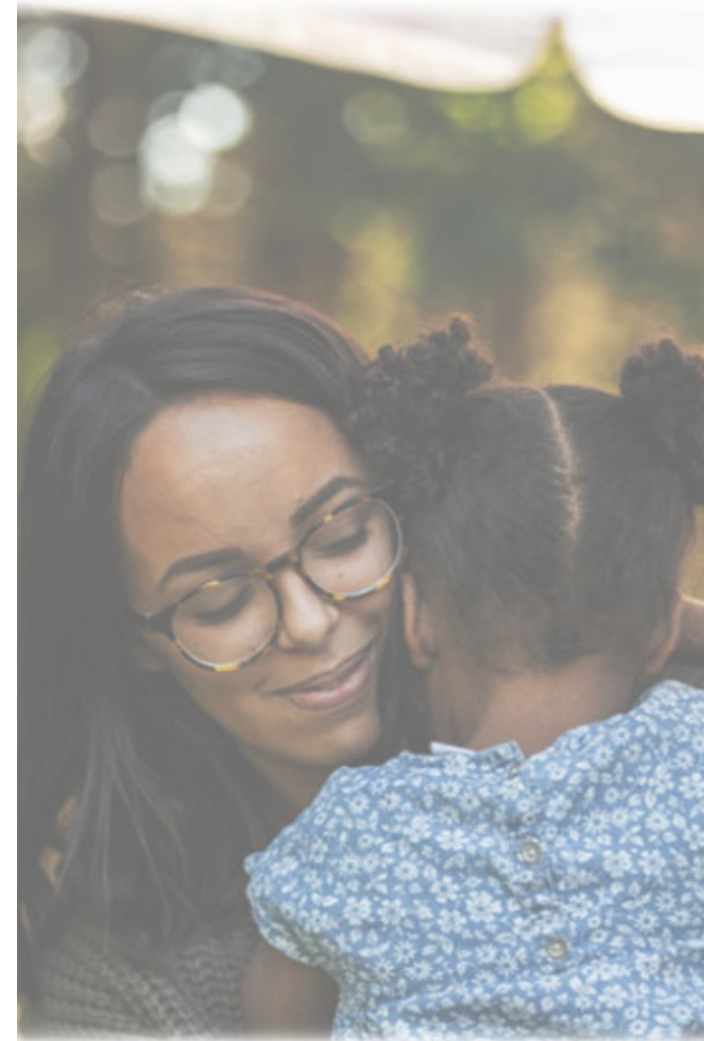
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PARENT-CHILD INTERACTION THERAPY



Benefits For Your Child

- Increases your child's ability to manage their frustration
- Improves their listening skills
- Builds their confidence and self esteem
- Enhances the relationship between parent and child
- Improves their attention and social skills
- Encourages their independence and self-control
- Teaches them how to manage their emotions and behaviors

Common Behaviors Treated

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

What To Expect

PCIT is typically conducted in a therapy setting. Parents and child interact in our playroom while therapist provides in-the-moment guidance. This allows parents to practice skills with their child and receive immediate feedback.

Research shows that Telehealth is just as effective as in-person. Family uses a smart device to mirror the process that occurs during an in-office session.

Parents will learn effective discipline and skills including how to remain calm, set limits and redirect. Children will practice skills that will help them successfully interact and communicate with their parents.