

PCIT

PARENT/CHILD INTERACTION THERAPY

Child Mental Health, Parenting Skills

Population(s) Served:

Children approximately ages 2-7 with behavior and parent-child relationship problems. May be conducted with parents, foster parents or other caretakers. Children and their caregivers are seen together in PCIT.

Service Description:

PCIT is an evidence-based behavior parent training treatment for young children who experience emotional and behavioral problems that are frequent and intense. PCIT places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.

Frequency: Typically 60 min 1x weekly

Duration: PCIT is not time-limited. Families remain in treatment until parents have demonstrated mastery of the treatment skills and rate their child's behavior as within normal limits on a standardized measure of child behavior. Treatment length varies, but averages about 14 weeks.

Family Involvement: PCIT requires a high level of involvement from a parent/caregiver and requires participation from the parent/caregiver in session. PCIT is generally conducted in a specialized setting at a provider's facility.

**Find a provider/
access this service:** Go to the DHS Provider Directory on the DHS Employee Portal and select tab: "FFPSA Approved Interventions"