

## IS PCIT RIGHT FOR YOUR FAMILY?

Do you have a 2 to 6 year old child with challenging behaviors?

Do you worry about how to manage your child's difficult behaviors?

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!



Customer Service 1.800.317.0708 or  
989.772.5938  
Michigan Relay 7-1-1  
24-hour Crisis Telephone  
Convenient Office Locations and Hours

### **Clare County**

789 North Clare Avenue  
Harrison, MI 48625  
989.539.2141

### **Isabella County**

301 South Crapo Street  
Mt. Pleasant, MI 48858  
989.772.5938

### **Gladwin County**

655 East Cedar Street  
Gladwin, MI 48624  
989.426.9295

### **Mecosta County**

500 South Third Avenue  
Big Rapids, MI 49307  
231.796.5825

### **Midland County**

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Midland, MI 48642  
989.631.2320

### **Osceola County**

4473 220th Avenue  
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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 behavior and reduce parenting stress.



**Community  
Mental Health**  
FOR CENTRAL MICHIGAN

## WHAT IS PCIT?

PCIT consists of weekly sessions conducted in two treatment phases.

### 1. Child-Directed Interaction (CDI)

Caregivers are taught the PRIDE skills: Praise, Reflect, Imitate, Describe and Enjoyment. These skills promote positive child behaviors.

### 2. 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.



**PRAISE:** Say what you like, especially positive behaviors. "Great sharing."



**REFLECT:** Say what they say. "Yes, that is a blue truck."



**IMITATE:** Do what they do. Play like them.



**DESCRIBE:** Say what they do. "You're pushing the blue truck up the ramp."



**ENJOY:** Say it with positive energy! "Great job!"

## 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 provide coaching on the PCIT skills. Caregivers and therapists work together to manage challenging child behaviors.



PCIT is conducted through "coaching" sessions during which you and your child are in a playroom while the therapist is in an observation room watching you interact with your child through a one-way mirror and/or live video feed. You wear a "bug-in-the-ear" device through which the therapist provides in-the-moment coaching on skills you are learning to manage your child's behavior.

## WHO IS PCIT FOR?

Children ages 2 to 6 who display any or all of the following:

- Parent-child relational problems
- Refusal and defiance of adult requests
- Easy loss of temper
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

## WHO ARE APPROPRIATE CAREGIVERS FOR PCIT?

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