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

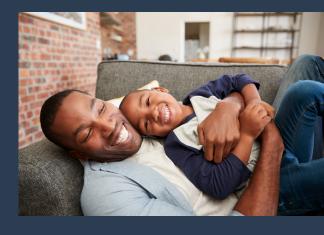
500 South Third Avenue Big Rapids, MI 49307 231.796.5825

Midland County

218 Fast Ice Drive Midland, MI 48642 989.631.2320

Osceola County

4473 220th Avenue Reed City, MI 49677 231.832.2247



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.

Accredited by:



CMHCM receives financial support from the Michigan Department of Health and Human Services.



WHAT IS PCIT?

HOW DOES PCIT WORK?

WHO IS PCIT FOR?

PCIT consists of weekly sessions conducted in two treatment phases.

- Child-Directed Interaction (CDI)
 Caregivers are taught the PRIDE skills:
 Praise, Reflect, Imitate, Describe
 and Enjoyment. These skills promote
 positive child behaviors.
- 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!"

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.

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