

Parent Child Interaction Therapy (PCIT)

PCIT is one type of **parent management training**, which is a behavioral therapy. In parent management training, the **parent or caregiver is the main family member to work with the therapist** in order to learn new skills to use with their child to decrease disruptive behavior. PCIT, and parent management training more broadly, have been extensively studied and shown to help reduce disruptive behavior. We are highlighting PCIT since it is one of the parent management trainings that has been most widely researched.

What is unique about PCIT?

- **Therapist training** - therapists who do PCIT have gone through a lot of training by PCIT International, the organization that developed the treatment. This helps ensure that families are receiving high quality treatment.
- **Therapist coaching and observation** - a unique feature of PCIT is that after teaching parents skills, the therapist will coach the parent as they practice the skills with their kids. This coaching is done through an earphone so only the parent hears the therapist. This helps parents gain confidence in their skills as they try them out

What should I expect if I do PCIT?

- PCIT has two treatment phases, and typically lasts **at least 12 weeks** between the two phases. However, most families are in treatment for longer.
- PCIT requires **regular weekly attendance** -- you will be asked to attend weekly sessions with a therapist. These may be done virtually or in person, depending on the provider.
- **Most sessions will include both you and your child.** The therapist will spend time observing and counting how often you are using the different skills. Then part of the session will be spent coaching you on the skills using an earphone.
- You will be asked to **fill out a survey every week** to track progress in treatment

How do I find someone who does PCIT?

- This website is kept updated with all PCIT providers, and you can search by state <http://www.pcit.org/united-states.html>

What if I can't find anyone who does PCIT who takes my insurance (or what if I cannot find a provider who can see me soon)?

- PCIT is not the only well-researched parent management training program. Many other providers do parent management training that is not PCIT. Ask potential providers about how they approach treating disruptive behavior and choose providers who focus on providing skills to parents or caregivers in therapy.

