

Why choose *Parent-Child Interaction Therapy*?

At *Pediatric Psychology Associates* we offer an evidence-based treatment for children 2 to 7 years old. PCIT has been successful in treating emotional and behavioral disorders in children, including:

- Oppositional Defiant Disorder (ODD)
- Attention-Deficit Hyperactivity Disorder (ADHD)
- Conduct Disorder
- Child Maltreatment and Trauma
- Anxiety Disorders



- PCIT is also endorsed by The National Child Traumatic Stress Network: www.nctsn.org
- PCIT International: www.pcit.org



PCIT is a caregiver coaching intervention that is provided via telehealth, in person or hybrid model.

It is delivered in two phases:

- The first phase, Child-Directed Interaction is where children are encouraged to lead play sessions and the caregiver is supported to provide understanding, comfort, and support for the child.
- The second phase, Parent-Directed Interaction focuses on equipping caregivers with the skill set to confidently and consistently manage their child's behaviors.

PEDIATRIC PSYCHOLOGY
— ASSOCIATES —



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Below are some positive outcomes to expect from PCIT:

- Improved public behavior
- Less frequency, severity, and duration of tantrums, aggression, and destructive behavior
- Reduced attention-seeking behaviors, such as whining
- Improved compliance, reduce defiance
- Less parental frustration, more confidence
- Safety and security for both caregivers(s) and child
- Increased self-esteem and social behaviors in child

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