



Are your child's behaviors and emotions difficult to manage?

Do you feel like you have tried everything and nothing is working?

These behaviors and emotions are **DIFFICULT**, and Parent-Child Interaction Therapy (PCIT) **CAN** help!

Who is eligible for Parent-Child Interaction Therapy (PCIT)?

PCIT is an empirically-supported treatment for children 2 ½ -7 years old with emotional and/or behavioral disruptions. An older child protocol is available for children ages 8-9 years old.

Children with severe temper tantrums that include verbal and/or physical aggression

Children with ADHD, anxiety, behavioral symptoms, etc.

Selective Mutism is treated through the PCIT-SM adaptation

Children with strong emotional experiences

Children who have experienced trauma



How does PCIT work?

PCIT focuses on increasing self-esteem and compliance while decreasing difficult emotional outbursts and behaviors in the moment.

Parents will implement **specialized strategies** to increase the behaviors that are desired in the moment.

PCIT is data-driven; therefore, the parents will experience clinically significant improvements in the behaviors and the relationship.

For more information on how PCIT CAN specifically benefit YOUR family please contact Wexford Counseling Services at 412-944-6400 or info@wexfordcounseling.com.

The time is now!



Inspiring Hope Towards Wellness

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