

## Parent Child Interaction Therapy (PCIT)

Parent Child Interaction Therapy (PCIT) is offered in the Greenwood Clinic at the Beckman Center. PCIT is an evidenced-based treatment designed to improve disruptive and oppositional behavior in children between the ages of 2 ½ to 7 years old. PCIT works by improving the parent-child relationship and teaches parents how to handle their oppositional child's behavior. PCIT has two phases; during the first phase of therapy, parents are taught play therapy skills designed to give attention to positive child behaviors. This gives the child positive attention they crave and reduces the likelihood that they will act out again to gain attention. During the second phase of therapy, the parents are taught how to further manage child behavior through more direct behavior management training. On average, PCIT lasts between 12-18 weeks. Parents are required to practice skills with their child at least five minutes per day, so that they can achieve mastery of the PCIT skills, as well as further build the parent-child relationship.