

PCIT

A Different Kind of Treatment

PCIT is a hands-on treatment to help children listen & behave better. Therapists & caregivers work as a team to conquer behavior problems in a practical yet unique way.

Here's How PCIT Works:

We're behind a 1-way mirror, out of the way, but connected to you.

Through a wireless earpiece, we whisper strategies proven to help children.

We walk you through the skills & have your back while you practice with your child.



Here's Why PCIT Works:

A partner in parenting We make step-by-step changes together. You don't have to try things out on your own, we're in this together.

Real-time help
We can instantly see how the skills are working & make tweaks so they work even better.

Research shows nothing beats in-the-moment practice for getting behavior problems under control!

A formula for success We use tried & true techniques to make parenting easier, & we practice until you've got it down like second nature.

The Road to Change

PCIT has 2 phases

Start **Get to know each other**

We'll first chat about your family's needs & goals, fill out some forms, & watch you & your child play. This important information helps us better help you.

Learn

Practice

Connect

Phase 1 is about improving your relationship & bringing out the best in your child. These skills make children want to listen more & be good.

2 **Correct**

Phase 2 is about getting your child to listen right away. These skills help children follow directions & learn consequences.

Learn

Practice

Learn

Learn about skills during a therapist & caregiver meeting.

Practice

Practice skills with your child during coaching visits.

“You are going to be amazed. I literally have a different kid. I tell everyone I know and see about this therapy.”

-Amanda P., Mom of 6-year-old daughter

A brighter day

By the end of PCIT, you'll have an easier & more enjoyable relationship. You'll have tools to parent smart, saving time & stress. Your child will feel like a good kid & you'll feel like a proud parent with a child on the right path.

“ Let me tell you our lives are forever changed in a positive way.”

-Julieann C., Mom of 4-year-old son



PCIT Pays Off

46% Reduction in misbehaviors²

3+

Years later children still have good behaviors³

Both parents & professionals endorse PCIT

40

Years of helping thousands of families

89% Satisfaction rate among parents⁴

300+

Research studies about PCIT

#1

Scientific rating by Evidence-Based Clearinghouse⁵

PCIT Essentials

Who Do We Help?

Children 2-7 who:

- Hit/ kick/ bite
- Talk back/ whine/ swear
- Don't follow directions
- Have temper tantrums/ outbursts
- Are easily distracted/ impulsive/ hyperactive
- Have problems with peers/ siblings
- Have been thrown out of daycare/ school

Caregivers:

- Biological parents
- Foster & adoptive parents
- Family members

How Long Is PCIT?

Visits to PCIT are 1 hour each week.

PCIT lasts 12-20 visits, sometimes more or less as each family's needs are different. We work together

until you've got the skills down & behaviors are on track. Many families start seeing changes after the first few sessions!

Who Are We?



nebraskababies.com/pcit



pcit.lab.uiowa.edu

Sources:

1. Kaminski, J.W., Bello, L.A., Plone, J.H., & Boyle, C.L. (2008). A meta-analysis of parent-child interaction therapy with parents of young children with conduct problems. *Journal of Research on Child Psychology and Psychiatry*, 49(1), 103-110.
2. Dadds, M.R., Gardner, L., & Byles, R. (2008). Outcomes of parent-child interaction therapy in an urban community clinic: A comparison of treatment completers and dropouts. *Children & Family Services Review*, 32, 43-53.
3. Hand, K.S., & Young, S. M. (2002). Outcomes of parent-child interaction therapy: Mothers' report of maintenance three to six years after treatment. *Journal of Clinical Child & Adolescent Psychology*, 31(2), 400-410.
4. Kaminski, J.W., Bello, L.A., Plone, J.H., & Boyle, C.L. (2008). A meta-analysis of parent-child interaction therapy with parents of young children with conduct problems: A meta-analysis of child behavior change. *Behavior Therapy*, 35(2), 17-30.
5. The Clearinghouse on Evidence-Based Practices for Child Welfare: Parent-child interaction therapy. Retrieved from <http://www.clearinghouseonpcit.org/parent-child-interaction-therapy/>

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Brochure development funded by:



Get your child on the path to better behavior

IOWA PCIT

Parent-Child Interaction Therapy

