

Parent-Child Interaction Therapy (PCIT)

Catholic Charities Family Growth Program in Monmouth County offers Parent-Child Interaction Therapy (PCIT) — a parent management training approach for young children (ages 2½ to 7) with emotional and behavioral problems and their caregivers.

The therapy is provided at our Red Bank location in Monmouth County.

Payment should not be a barrier to treatment. The Family Growth Program will bill Medicaid or third party insurance when available, but is also grant-funded if assistance is needed. The program also contracts with the state's Department of Children Protection and Permanency (DCP&P).

Parent-Child Interaction Therapy (PCIT) uses a combination of behavioral therapy, play therapy, and parent training to improve the parent-child relationship and teaches caregivers effective, positive discipline skills.

Considered a short-term therapy, PCIT is often completed in approximately 14 to 20 sessions, depending on the needs of the child. Consistent attendance along with daily home practice leads to successful outcomes.

Treatment targets problematic behaviors such as:

- Oppositional and defiant behaviors
- Aggressive behaviors
- Temper tantrums
- Negative attention seeking behaviors
- Whining
- Behavioral problems associated with ADHD

TREATMENT PHASES

PCIT consists of two phases of treatment. Each phase includes a teach session and live coaching sessions.

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■ **Phase 1: Child-Directed Interaction (CDI).** During the first phase of treatment, caregivers are taught play therapy skills as a way to interact with their children in a positive and consistent manner.

■ **Phase 2: Parent Directed Interaction (PDI).** During the second phase of treatment, caregivers are taught specific discipline techniques, such as time-out procedures, that are consistent and predictable. Children learn to obey their caregivers and problematic behaviors are reduced.

Completion of treatment is based on caregiver's mastery of both CDI and PDI skills.

BENEFITS OF PCIT

Benefits of treatment may include:

- Strengthening the parent-child relationship by promoting healthy interactions between the parent and child.
- Caregivers learning effective behavior management techniques.
- Increase in child's positive behaviors and decrease child's negative behaviors.
- Positive changes in child's behavior at school or daycare.
- Increase in child's self-esteem.
- Reduction in the risk of child abuse.

For more information about Parent-Child Interaction Therapy (PCIT), contact Catholic Charities' Family Growth Program in Monmouth County at **732-747-9660**.

To make a referral, call **1-800-360-7711**.

CatholicCharitiesTrenton.org

