



## PARENT-CHILD INTERACTION THERAPY (PCIT)

### What is PCIT?

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for children 2 to 7 years of age with emotional and behavioral disorders.

PCIT is delivered in two phases. The primary goal of the first phase of PCIT (the Child-Directed Interaction) is to strengthen positive caregiver-child relationships. The primary goal of the second phase of PCIT (the Parent-Directed Interaction) is to change ineffective caregiver-child interaction patterns.

#### PCIT is effective for what disorders?

PCIT has documented success across a wide variety of emotional and behavioral disorders, including:

- Oppositional Defiant Disorder
- Attention-Deficit Hyperactivity Disorder
  - Conduct Disorder
- Child Maltreatment and Trauma
- Children Diagnosed with Bipolar Disorder
  - Anxiety Disorders

#### What do you mean by evidence-based?

PCIT has been scientifically tested since 1980 and PCIT has received the highest scientific rating of "1" (Well-Supported by Research Evidence) by the California Evidence-Based Clearinghouse for Child Welfare.

Parent-Child Interaction Therapy is widely accepted by the American Psychological Association (APA), and over 300 PCIT articles have been published in top journals within the field of psychology.



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