

# 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 making your bond stronger & 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 misbehaviors<sup>2</sup>

**3+**

Years later children still have good behaviors<sup>3</sup>

Both parents & professionals endorse PCIT

**40**

Years of helping thousands of families

**89%** Satisfaction rate among parents<sup>4</sup>

**300+**

Research studies about PCIT

**#1**

Scientific rating by Evidence-Based Clearinghouse<sup>5</sup>

# 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?

Manhattan Psychology Group, PC

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### Sources:

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Get your child on the path to better behavior

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Parent-Child Interaction Therapy

