

Find a PCIT Trained Therapist Near You
in ARBEST's Online Directory:
<http://arbest.UAMS.edu/clinicianslist/>



APPOINTMENT

Make note of your first appointment time once you find a PCIT trained therapist that works for you.

Therapist: _____

Phone Number: _____

Date: _____ Time: _____

Location: _____



QUESTIONS TO ASK YOUR THERAPIST

- What is your experience working with young children with behavioral difficulties?
- What is your experience working with young children who have experienced trauma? (if applicable)
- Are you trained in evidence-based treatments for young children?
- How will I or other family members be involved in treatment?
- What are the goals of treatment?
- How long will treatment be needed?
- How will I know if my child is getting better?



PARENT-CHILD INTERACTION THERAPY (PCIT)

ROADMAP TO TREATMENT
FOR YOU AND YOUR CHILD



PCIT is an effective therapy for young children ages 2-7 with behavioral problems that improves behavior and strengthens the parent-child relationship.



“Going through PCIT was the best decision I’ve ever made for my son. I felt like someone understood exactly where I was coming from and could develop a plan for us. His behavior is transformed and our bond is so much stronger today. PCIT changed our lives.”
—Anonymous Parent

PCIT ROADMAP

PCIT typically involves weekly coaching sessions that teach parents to manage difficult behaviors and build a positive relationship with their child.



COACHING & SUPPORT

- Learn new skills quickly while being coached via a wireless earpiece
- Receive immediate support and feedback on strategies to manage behavior

1



CHILD-DIRECTED INTERACTION

- Follow your child’s lead during play
- Learn positive parenting techniques that promote better behavior in your child
- Build warmth and help your child feel calm, secure, and confident

2



PARENT-DIRECTED INTERACTION

- Master effective commands that work for your child
- Learn to remain confident, calm, and consistent with discipline
- Help your child accept limits, comply with directions, and behave well in multiple settings

TWO PHASES OF TREATMENT