

# PCIT is an Evidence-Based Program

Twenty-plus years of research  
and professional literature  
report PCIT's results:

- As child behavior problems decrease, parenting skills improve, and the quality of a parent-child relationship is enhanced.
- Changes in both the child-parent relationships and behaviors are maintained 6.5 years post-treatment.
- The results are able to generalize to nursery, daycare, pre-school and school setting; and on occasion, to siblings that have not been treated.

## Funding Sources

Includes CCBH, Medical Assistance, PerformCare, Private Insurance, public and private funding sources, and Self Pay.

## Benefits of PCIT:

- With the support of their coach, skills are acquired more rapidly because parents learn by doing
- Teaches positive parenting in a fun and supportive environment
- Children participating in PCIT with parents increase their ability to reach their full potential
- Provides specialized training to parents whose child may not respond to typical parenting programs

*For more information or to make  
an appointment, please call our  
Intake Screening Department at  
1-800-437-5405*



## T.W. PONESSA & Associates Counseling Services, Inc.

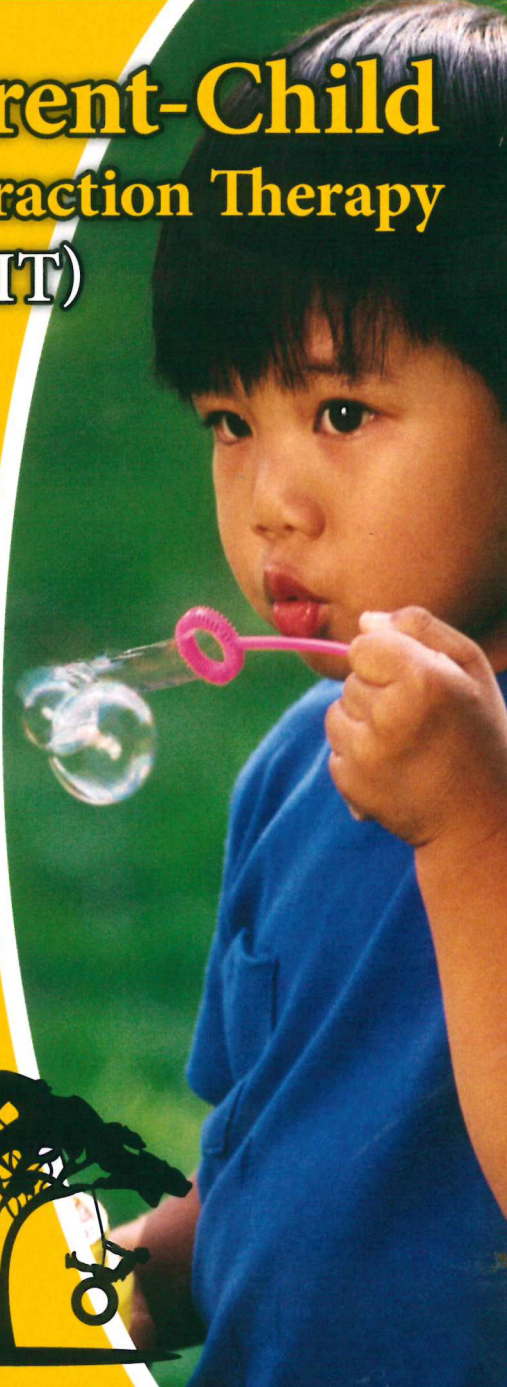
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## Parent-Child Interaction Therapy (PCIT)

Integrity • Competency • Acceptance



Integrity • Competency • Acceptance  
[www.twponessa.com](http://www.twponessa.com)

PCIT is currently available at the  
Lancaster & Lebanon offices

**T.W. PONESSA**  
& Associates Counseling Services, Inc.



# What is PCIT?

Parent-Child Interaction Therapy, (PCIT) is designed specifically for children ages 2-7 with emotional and behavioral disorders and their caregivers. PCIT will teach parents and caregivers how to effectively and authoritatively parent their young child with direct coaching from a treatment specific team.



## Who Can Benefit from PCIT?

PCIT is specifically designed for children with disruptive behaviors such as:

- Refusing to listen to adults
- Multiple and severe temper tantrums
- Starting fights with others
- Inability to play alone
- Engage in power struggles
- Disruptive in daycare, school or home settings
- Constantly seeking attention

# The PCIT Process

## PCIT has two main goals for treatment:

- Enhance a positive relationship between caregiver and child
- Promote effective behavior management & discipline techniques

**Families will attend weekly sessions for approximately 12-20 weeks. Each session will focus on 2 types of interaction:**

### *Child-Directed Interaction- Caregivers will learn:*

- PRIDE (Praise, Reflect, Imitate, Describe, Enjoy)
- To ignore annoying behavior

### *Parent-Directed Interaction- Caregivers will learn:*

- To use effective commands
- Specific behavior management techniques to help the child listen
- To manage child's behavior in the home and community settings

Caregivers will learn and implement PCIT skills through in-session guidance and direct coaching from the therapist.

The therapist will observe the session from a separate room. As the caregiver and child play and/or interact, the therapist will provide live feedback through an earpiece worn by the caregiver. This will provide feedback about PCIT skills to eventually work on in the home. Parents receive homework every session to practice the skills in the home.

Live coaching will help the caregiver learn with immediate support. It provides necessary feedback for skills the caregiver may have difficulty mastering on their own.

## PCIT Helps:

- Enhance your parent/child relationships and child-management skills
- Increase your child's ability to manage frustration
- Improve your child's listening skills
- Build your child's confidence
- Encourage your child's independence and self-control
- Improve your child's attention skills
- Strengthen your child's social skills



**Integrity**

**Competency**

**Acceptance**