

PARENT-CHILD INTERACTION THERAPY FACT SHEET

Offered through the Child Guidance Center (CGC), Parent-Child Interaction Therapy (PCIT) is an innovative coaching approach to family counseling that is clinically proven to build healthy relationships between caregivers and their children ages 2-10.

Observing from behind a one-way mirror, a therapist coaches a parent through a wireless earphone in the parent's ear, providing specific instructions for relating to or managing the child's behavior. By offering unique, *in-the-moment* counseling, the therapist provides a caregiver with immediate and effective responses to a child's behavior *as it occurs*. The program extends this forward-thinking, evidence-based counseling model to all families throughout Orange County.

Key Facts

- Dr. Sheila Eyberg developed PCIT in 1974 during her postdoctoral training at Oregon Health Sciences University.
 - PCIT employs a unique blend of operant theory, traditional psychotherapy and early-child development psychology.
 - Child Guidance Center received PCIT certification by UC Davis in 2004, and continues with advanced training in the methodology through an ongoing partnership with the University.
 - CGC also offers its PCIT services to families through its main facilities in Buena Park, Santa Ana and Fullerton, Calif., and the Orange County Rescue Mission in Tustin, Calif.
- PCIT is offered to families on a sliding fee basis. Information required for health insurance reimbursement is provided to the family upon request. For those families who qualify, services may be covered by a government program.
- CGC's newest PCIT facility is located at 27451 Los Altos, Suite 240, Mission Viejo, CA, 92691, where services are available to all families on a sliding fee basis.
 - Other types of traditional counseling services will also be offered at the new South Orange County site.
 - CGC has additional expansion plans for new PCIT facilities in Costa Mesa, Calif.

Principles of PCIT

PCIT adopts the following set of PRIDE strategies to educate caregivers on effective parenting concepts:

- **P**raise appropriate behavior
- **R**eflect appropriate talk
- **I**mitate appropriate play
- **D**escribe appropriate behavior
- **E**nthusiasm can support appropriate positive emotions

Benefits of PCIT

- Research confirms PCIT is an ideal solution for caregivers looking to enhance their parent-child relationships.
- PCIT eliminates negative behaviors in children, decreases parental stress and improves parenting skills.
- Parents hold onto the skills acquired in PCIT for up to six years after treatment.
- The skills gained in PCIT generalize to other relationships in the home and community.
- The program is highly effective for foster and adoptive parents seeking to build healthy long-term relationships with the children under their care.
- Parents who complete the program typically improve the closeness to their children and enjoy a more personally satisfying, less stressful parenting experience overall.