



FREQUENTLY ASKED QUESTIONS

PARENT-CHILD INTERACTION THERAPY

What is Parent-Child Interaction Therapy?

- 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.
- Working with the child and caregiver simultaneously, PCIT is a brief-term treatment program that works to eliminate negative behaviors in children, decrease parental stress and improve parenting skills.
- 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 **as it is taking place**.

What is Child Guidance Center?

- Founded in 1967, the Child Guidance Center (CGC) is a leading provider of counseling services and education solutions in Orange County.
- CGC works in conjunction with numerous organizations including the Orange County Health Care agency, Social Services Agency, United Way, and outside funders.
- Each week, CGC serves more than 1,050 children and families who have been or are experiencing common psychological issues as well as more severe emotional or behavioral problems.
- CGC provides its services through four main facilities located in Buena Park, Fullerton, Mission Viejo and Santa Ana, two satellite offices in Santa Ana (Corbin Family Resource Center and the Minnie Street Family Resource Center), one satellite office in Tustin (The Tustin Family Resource Center) and the Orange County Rescue Mission in Tustin. Therapists also travel to schools throughout Orange County to provide services.

Where did PCIT originate?

Dr. Sheila Eyberg developed PCIT in 1974 during her postdoctoral training at Oregon Health Sciences University.

- CGC received PCIT certification by UC Davis in 2004, and since then has continued with advanced training in the methodology.

Does it work?

- Studies support the benefits of PCIT across genders and ethnic groups.
- Parents who complete the program typically use more positive verbalization, improve their reflective listening skills, direct fewer negative statements at their children, improve physical closeness to their children and demonstrate more positive parenting activities overall.
- Research shows that parents hold onto the skills acquired in PCIT for up to six years after treatment.
- The skills also generalize to other relationships in the home, school and community.

Why does it work?

- By offering in-the-moment counseling, the therapist provides a caregiver with immediate and effective responses to a child's behavioral problem **as it occurs**.
 - PCIT works with parent and child together. Showing up to a PCIT session without your child is like showing up to a golf lesson without your clubs.
 - PCIT **shows** parents how to deal with their children immediately and efficiently—rather than providing them with mass amounts of information for later use.
- PCIT's unique model puts the parent in the role of 'therapist.' The child therefore **bonds to the caregiver rather than the clinician** as progress is made.

How long does it take to see results?

- Families typically report marked improvement in 3-4 weeks.

How much does it cost?

- PCIT services are offered on a sliding fee basis. Information for health insurance reimbursement is provided to the family upon request. For those families who qualify, services may be covered by a government program.

Who is appropriate for PCIT?

- Any parent or caregiver looking to enhance a relationship with a child age 2-10 can benefit from the invaluable relational and management skills offered by PCIT.

How can families benefit from PCIT?

- The PCIT model has the potential to make good parenting **great**.
- PCIT improves overall communication in the family unit and can solve complex issues relating to co-parenting.
- The therapy program is proven to be highly effective for foster and adoptive parents seeking to build healthy long-term relationships with the children under their care.

What would you say to encourage any family to sign up for PCIT or attend one of the upcoming free seminars at the new Mission Viejo facility?

- PCIT provides a simple, time-efficient way to sharpen parenting skills, and ultimately strengthen relationships in the home and community.
- PCIT offers invaluable tools for relationship enhancement, boundary setting and establishing a discipline program.
- The earlier relationships are repaired, the more satisfying they are.

How do I sign up?

- To make an appointment; contact the Mission Viejo facility at 949-582-3958 or the main Santa Ana facility at 714-953-4455 ext. 663.

For more information about PCIT, contact Misty Said, Director of Community Relations @ 949-582-3958 or visit www.cgcoc.org