

PCIT Outcomes

- 50+ research studies have documented the effectiveness of PCIT
- Research suggests skills acquired maintain for up to six years
- Twenty-plus years of demonstrated success

PCIT Training & Experience

- Therapists trained by UC Davis, CAARE Team; Ongoing advanced training in PCIT methodology
- Largest PCIT Provider in Orange County
- **CGC has provided PCIT services to over 1200 families**

Fees

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

CONTACT INFORMATION

To learn more or to make an appointment today, call (949) 582-3958, or visit

www.pcitmethod.com

www.cgcoc.org

Founded in 1967, Child Guidance Center (CGC) helps children and parents throughout Orange County achieve healthier, better balanced lives through innovative counseling and educational enrichment programs.

Each week, CGC's multi-disciplinary team treats more than 1050 children and families.

Other Services Offered At Our Locations:

INDIVIDUAL THERAPY

COUPLES THERAPY

FAMILY THERAPY

GROUP THERAPY

COGNITIVE BEHAVIORAL THERAPY

WELLNESS SEMINARS

PSYCHOLOGICAL ASSESSMENT

PARENT-CHILD FEEDING
INTERACTION TRAINING (PCFIT)

TEACHER-CHILD
INTERACTION TRAINING (TCIT)



Mission Viejo ■ Santa Ana
Fullerton ■ Buena Park

PCIT Method

PARENT-CHILD INTERACTION THERAPY

COACHING STRATEGIES FOR SUCCESSFUL
PARENT/CHILD RELATIONSHIPS



No more...

- ✗ Temper Tantrums,
- ✗ Whining, &
- ✗ Bad Behavior.

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From Ear Piece...
To Life Peace.

Parent-Child Interaction Therapy (PCIT)

PCIT is an innovative, brief-term and award-winning coaching approach proven to enhance parent-child relationships, improve child behavior and empower parents to use effective, consistent parenting strategies.

Observing the parent-child interaction from behind a one-way mirror, the PCIT therapist coaches the parent through a wireless earpiece on how to handle behavioral issues immediately **at the moment** they occur.

A whisper worth a
Thousand Words

PCIT is clinically proven to:

- Take the guesswork out of parenting
- Restore parental confidence
- Work with the parent and child together
- Solve child behavioral issues quickly and effectively
- Provide the skills necessary to achieve a loving and peaceful home

PCIT is ideal for children ages 2-10 who:

- Have temper tantrums
- Whine
- Backtalk
- Are defiant
- Refuse to follow directions
- Engage in power struggles
- Disrupt daycare, school or home settings
- Are aggressive towards parents, siblings and other children

"PCIT has helped me change my relationship with my son. I enjoy him so much now, the negative behaviors are a memory of the past. I am amazed at how complete the transformation was... I am a much more confident, consistent parent. My son has gained life skills that I did not know how to teach – the ability to think before speaking and reacting. The skills we have both learned are invaluable..."

Emily, South Orange County

PCIT HAS TWO PHASES:

1. Relationship Enhancement

Parents are coached on *how to* strengthen the parent-child relationship and develop consistently positive and supportive communications.

2. Child Management

Parents are taught and coached on specific elements of effective discipline and child management skills.

In both phases, the parent/caregiver practices and masters newly-learned relationship enhancement and child management techniques with their child under the direct supervision of their coach, a licensed professional (Marriage/Family Therapist, Clinical Social Worker or Psychologist).



The PCIT Promise

Our Proven Solution...

**Better Behaved
Children**