



PARENT CHILD INTERACTION THERAPY FACT SHEET

Offered thorough out 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 post-doctoral 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 Buna Park, Santa Ana and Fullerton.
- 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.

Principles of PCIT

- PCIT adopts the following set of PRIDE strategies to educate caregivers on effective parenting concepts:
 - Praise appropriate behavior
 - Reflect appropriate talk
 - Imitate appropriate play
 - Describe appropriate behavior
 - Enthusiasm 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.

For more information on CGC or PCIT, please visit www.childguidancecenter.com or call 714-953-4455