

HATC is committed to providing services to all individuals regardless of race, color, religion, disability, pregnancy, national origin, sexual orientation, gender, age, ethnicity, income, veteran status, marital status, or any other basis prohibited by federal, state or local law



Business Location:

401 Broadway, Suite 2075  
Seattle WA 98104

Phone: 206-744-1600

Fax: 206 744-1614

Washington Relay Service

1-800-833-6388

Mailing Address:

325 Ninth Ave  
Box 359947  
Seattle WA 98104

Web site:

[www.UWHATC.org](http://www.UWHATC.org)

PoDS0747

UW Medicine



## PCIT: Parent-Child Interaction Therapy

---

*Harborview Abuse and Trauma Center*

UW Medicine

*PARENT-CHILD INTERACTION THERAPY*

Improves the quality of parent-child relationships

Teaches parents the necessary skills to help to manage child behavior problems

Teaches safe and appropriate discipline strategies

Strives to secure the placement and/or promote reunification

PCIT teaches P-R-I-D-E skills

*Praise, Reflection, Imitation, Description, Enjoy*

---



## WHAT IS PARENT-CHILD INTERACTION THERAPY?

**Parent-Child Interaction Therapy (PCIT)** is an intervention designed for families with children ages 2 to 7. PCIT focuses on reducing serious child behavioral problems, improving parenting skills and improving relationships. PCIT uses a concrete, skill-based approach to teach parents and children new and positive ways to relate to each other. In each session, a PCIT therapist coaches the parent on interactions with their child.

### THE TWO PHASES OF PCIT

#### CDI - CHILD DIRECTED INTERACTION

The first phase creates or strengthens a positive relationship between parent and child. The parent learns to praise positive behaviors and interact positively with the child while learning how to ignore and decrease attention to negative behaviors.

#### PDI - PARENT DIRECTED INTERACTION

The second phase teaches parents how to use clear, positively stated directions and apply consistent consequences for non-compliant behaviors.

## What Parents Say About PCIT

*"The therapy was great. My child would not listen to me, was hitting and kicking me and having major tantrums. My therapist was patient and showed me that everything does not have to be a power struggle. I feel more in control now. Since starting the program my child's behaviors have improved tremendously".*

*"I dreaded taking my child to the grocery store before PCIT but now he is well behaved and we actually look forward to spending time together. I am so grateful for this program and I am proud of what it has done for me and my relationship with my child."*

### WILL PCIT WORK FOR OUR FAMILY?

PCIT helps:

- Parents/Caregivers who are seeking better ways to manage their child's behaviors
- Families where there has been a history of child abuse and neglect
- Where there are concerns about attachment problems between the child and the caregivers
- With children who have moderate to severe behavioral problems



### PCIT is appropriate for:

- Biological Parents
- Foster Parents
- Kinship caregivers
- Guardians

### To request services

PCIT therapy is provided by experienced professional social workers. To find out more about the PCIT program, please call weekdays and ask for Intake.

Phone: 206-744-1600

Fax: 206-744-1614

Washington Relay Service

1-800-833-6388