

# Parent Child Interaction Therapy (PCIT)]

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PCIT teaches parents to use PRIDE skills:

Praise  
Reflection  
Imitation,  
Description  
Enjoy

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## What is PCIT?

PCIT is a treatment that has been shown to:

- Reduce serious child behavior problems
- Help children cope with anxiety and regulate emotions
- Increase parenting skills
- Build parent confidence
- Improve parent-child communication and relationships

PCIT teaches parents and children new and positive ways to relate to each other. During the sessions, children and parents play together while the PCIT therapist coaches the parent on strategies that help reduce the child's behavior problems. The therapist helps the parent learn and practice new skills.

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## Who benefits from PCIT?

PCIT is helpful for children ages 2 to 10. PCIT is most helpful if your primary concern is your relationship with your child, or if your child has behavior problems including aggression and noncompliance. PCIT can also be adapted for children with anxiety or problems regulating their emotions. PCIT can be helpful for children living with biological or adoptive parents, foster parents and kinship caregivers.

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## How long is PCIT treatment?

PCIT treatment lasts 14 to 20 sessions and works best when families attend weekly sessions and complete the "special play" homework outside of visits. There are two phases of PCIT:

- Child Directed Interaction (CDI) - In this phase you will learn to praise positive behaviors, practice selective ignoring, and have positive interactions with your child while starting to decrease your child's disruptive or non-compliant behaviors. This helps create or strengthen a positive and mutually rewarding relationship between you and your child.
  - Parent Directed Interaction - In this phase you will learn skills to help you manage your child's behavior such as clear, positive, and direct commands and consistent consequences for non-compliant behavior.
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### To Learn More

- Outpatient Psychiatry Program  
206-987-2164
- Ask your child's healthcare provider
- [seattlechildrens.org](http://seattlechildrens.org)

### Free Interpreter Services

- In the hospital, ask your nurse.
- From outside the hospital, call the toll-free Family Interpreting Line, 1-866-583-1527. Tell the interpreter the name or extension you need.



Seattle Children's offers interpreter services for Deaf, hard of hearing or non-English speaking patients, family members and legal representatives free of charge. Seattle Children's will make this information available in alternate formats upon request. Call the Family Resource Center at 206-987-2201. This handout has been reviewed by clinical staff at Seattle Children's. However, your child's needs are unique. Before you act or rely upon this information, please talk with your child's healthcare provider.

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