

# PCIT

## A Different Kind of Treatment

PCIT is a hands-on treatment to help children listen & behave better. Therapists & caregivers work as a team to conquer behavior problems in a practical yet unique way.

### Here's How PCIT Works:

We're behind a 1-way mirror, out of the way, but connected to you.

Through a wireless earpiece, we whisper strategies proven to help children.

We walk you through the skills & have your back while you practice with your child.



### Here's Why PCIT Works:

**A partner in parenting** We make step-by-step changes together. You don't have to try things out on your own, we're in this together.

**Real-time help**  
We can instantly see how the skills are working & make tweaks so they work even better.

Research shows nothing beats in-the-moment practice for getting behavior problems under control!

**A formula for success** We use tried & true techniques to make parenting easier, & we practice until you've got it down like second nature.

# The Road to Change

PCIT has 2 phases

## Start **Get to know each other**

We'll first chat about your family's needs & goals, fill out some forms, & watch you & your child play. This important information helps us better help you.

**Learn**

**Practice**

## Connect

Phase 1 is about making your bond stronger & bringing out the best in your child. These skills make children want to listen more & be good.

## 2 **Correct**

Phase 2 is about getting your child to listen right away. These skills help children follow directions & learn consequences.

**Learn**

**Practice**

**Learn**  
Learn about skills during a therapist & caregiver meeting.

**Practice**  
Practice skills with your child during coaching visits.

**“You are going to be amazed. I literally have a different kid. I tell everyone I know and see about this therapy.”**

-Amanda P., Mom of 6-year-old daughter

**A brighter day**

By the end of PCIT, you'll have an easier & more enjoyable relationship. You'll have tools to parent smart, saving time & stress. Your child will feel like a good kid & you'll feel like a proud parent with a child on the right path.

“ Let me tell you our lives are forever changed in a positive way.”

-Julieann C., Mom of 4-year-old son



# PCIT Essentials

## Who Do We Help?

### Children 2-7 who:

- Hit/ kick/ bite
- Talk back/ whine/ swear
- Don't follow directions
- Have temper tantrums/ outbursts
- Are easily distracted/ impulsive/ hyperactive
- Have problems with peers/ siblings
- Have been thrown out of daycare/ school

### Caregivers:

- Biological parents
- Foster & adoptive parents
- Family members

## How Long Is PCIT?

Visits to PCIT are 1 hour each week.

PCIT lasts 12-20 visits, sometimes more or less as each family's needs are different. We work together until you've got the skills down & behaviors are on track. Many families start seeing changes after the first few sessions!

## Who Are We?

**Comprehensive Youth Services** is an established non-profit community based mental health organization. Our programs are dedicated to providing quality mental health and supportive services to children, adolescents and families who have experienced abuse or domestic violence, and those who are at-risk or struggling with difficult personal or family issues.

Bright Beginnings For Families program at CYS  
559.229.3561 | 4545 N. West Ave. Fresno, CA 93705

## PCIT Pays Off

**46%** Reduction in misbehaviors<sup>2</sup>

**3+**

Years later children still have good behaviors<sup>3</sup>

Both parents & professionals endorse PCIT

**89%** Satisfaction rate among parents<sup>4</sup>

**40**

Years of helping thousands of families

**300+**

Research studies about PCIT

**#1**

Scientific rating by Evidence-Based Clearinghouse<sup>5</sup>

Get your child on the path to better behavior

# PCIT

Parent-Child Interaction Therapy

