

PCIT

Parent Child Interaction Therapy

PCIT is provided as a service through the Auburn University Psychological Services Center (AUPSC) located on the Auburn University campus in Cary Hall



Does your child refuse to do what you ask?

- Do you often feel frustrated that your child refuses to do what you ask?
- Do you find yourself arguing with your child?
- Do you get constant backtalk from your child?
- Do you find yourself yelling at your child?
- Does your child hit you and siblings?
- Does your child whine and cry often?
- Does your child constantly seek attention?

If you answered yes to the questions above, PCIT may work for your family!

Who can participate?

Parents who have a child between the ages of 2 and 7 years

Children currently living with one or both parents

Children with behavior problems at home, school, pre-school or day care.

Grandparents, step-parents, and foster parents are welcome to participate!

Any parent who would like to be coached during live interactions with his or her child



PCIT treatment typically lasts 14-18 weeks and parents are asked to complete homework assignments with their children between sessions

What is PCIT?

During Parent-Child Interaction Therapy (PCIT), parents learn play therapy skills to enhance their parent-child relationship. Parents also learn to manage child behavior through behavioral principles. Therapists will work with your family until your child's home behaviors improve.

PCIT consists of two parts:

Relationship Enhancement

Parents are "coached" on how to decrease the negative aspects of their relationship with their child and how to develop consistently positive and supportive patterns of communication

Discipline

In the Discipline component of the program, parents are "coached" on use of effective discipline and child management skills.

In both components of the program, parents are given the opportunity to practice their new skills during the training session until mastery is reached and the child's behavior has improved



PCIT is a well-researched program for children with behavior problems. For more information about PCIT, go to the PCIT International website at www.pcit.org



For more information about the AUPSC, you can visit our [website](http://www.aupsc.org) or call 334-844-4889

About AUPSC

The AUPSC is a clinic provided by the Department of Psychology at Auburn University. Graduate students in doctoral training for clinical psychology provide services under the supervision of licensed clinical psychologists, who are faculty members in the Department of Psychology.

The AUPSC ensures confidentiality and operates under the ethical guidelines of the American Psychological Association (APA) and the Health Information Portability and Accountability Act (HIPPA).