

Evidence-based practices are a way to be sure that consumers receive the right treatments. They give the best chance of the greatest success to meet their individual person-centered needs.

Evidence-based practices are also a way for SCCMHA to be sure of the best use of limited resources through the delivery of proven services and supports for persons with disabilities in the Saginaw Community.

For more information about Evidence-Based Practices, please call our Evidence-Based Practice and Trauma-Informed Care Coordinator at 989-272-7372 or go to <https://www.sccmha.org/resources/evidence-based-practices.html>.



**SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY**

Main Facility

500 Hancock, Saginaw, Michigan 48602

Phone

(989) 797-3400

Toll Free 1-800-258-8678

Michigan Relay 711

24 Hour Mental Health Emergency Services

(989) 792-9732

Toll Free: 1-800-233-0022

www.sccmha.org

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SAGINAW COUNTY
COMMUNITY MENTAL
HEALTH AUTHORITY

Parent-Child Interaction Therapy (PCIT)

An Evidence-Based Practice

About PCIT

Parent-Child Interaction Therapy (PCIT) is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. PCIT teaches caregivers to manage their child's difficult behaviors, while increasing their positive behaviors. PCIT works with the child and caregiver together to improve behavior and reduce parenting stress.

What is PCIT?

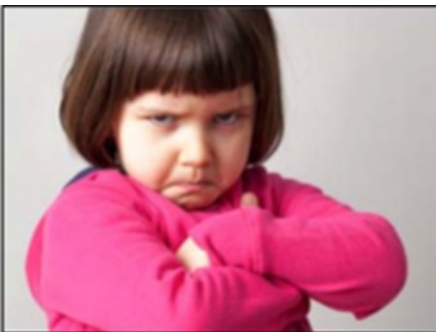
PCIT consists of weekly session conducted in two treatment phases.

Child-Directed Interaction (CDI)

Caregivers are taught the PRIDE skills: **P**raise, **R**eflect, **I**mitate, **D**escribe, and **E**njoyment. These skills promote positive child behaviors.

Parent-Directed Interaction (PDI)

Caregivers learn to use effective commands and discipline procedures. The PCIT therapist helps caregivers manage their child's behaviors in many settings.



Who is PCIT for?

Children ages 2-7 who display any or all of the following:

- Parent-child relational problems
- Refusal and defiance of adult requests
- Easy loss of temper
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

Who are appropriate caregivers for PCIT?

- Biological parents
- Foster parents
- Adoptive parents
- Legal guardian
- Grandparents
- Kinship caregiver



How Does PCIT Work?

PCIT is an exceptionally effective treatment backed by over 30 years of research. Live coaching is a hallmark of PCIT. The therapist observes the caregiver and child together, then provide coaching on the PCIT skills. Caregivers and therapists work together to manage challenging child behaviors.

Advantages of Live Coaching:

- ◇ Skills are acquired rapidly by caregivers, as they practice in the moment with the therapist.
- ◇ Therapists provide caring support as caregivers gain confidence and master their skills.
- ◇ Therapists provide immediate feedback about strategies to manage the child's challenging behaviors.

To Learn More

Contact McDowell Healing Arts Center at (989) 475-4171 to learn if Parent-Child Interaction Therapy services are right for you and your child.