

Parent-Child Interaction Therapy (PCIT)...

is an exceptionally effective, short-term coaching approach that improves family relationships and increases positive & supportive communication.

PCIT responds to an often-expressed parental wish... having a trained professional whispering in their ear what to say/do at the time they need it.

PCIT Serves Children 2 – 10 yrs. of age who may...

- be strong-willed
- refuse/defy adult requests
- be easily frustrated, lose their temper or whine
- constantly seek attention
- engage in power struggles
- have difficulty staying seated, playing quietly, or taking turns
- exhibit sad or anxious moods
- disrupt in daycare, school, or home settings
- also be on medication to manage their behavioral problems

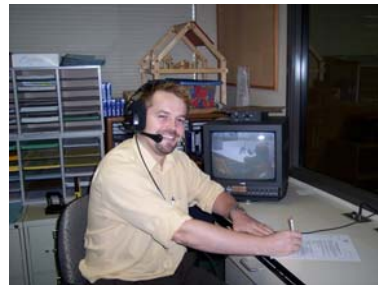


PCIT Helps...

- enhance your parent/child relationships and child-management skills
- increase your child's ability to manage frustration
- improve your child's minding & listening skills
- build your child's confidence
- encourage your child's independence and self-control
- improve your child's attention skills
- strengthen your child's social skills

How does PCIT Work...

PCIT is a coaching program that **works with parent and child together.**



Observing from behind a one-way mirror, the therapist coaches the parent through a wireless earphone on specific ways of relating to and managing the child's behavior **"at the moment."**

PCIT consists of...

two phases: Relationship Enhancement and Child Management. In both phases, parents are taught specific skills that enable parents *to immediately put into practice what they have just learned.*

While typically the program consists of about 14 sessions, parents often report marked improvement in 3-4.

Benefits of PCIT

- With the support of their coach, skills are acquired more rapidly because parents learn by doing
- Teaches positive parenting in a fun & supportive environment
- Children participating in PCIT w/parents increase their ability to reach their full potential
- Provides "specialized" training to parents whose child may not respond to "typical parenting" programs



PCIT is an Evidence-based program....

Twenty-plus years of research and professional literature report PCIT's results...

- as decreasing child behavior problems, improving parenting skills, and enhancing the quality of the parent-child relationship.
- changing both the child-parent relationships and behaviors that maintain some 6 ½ years post treatment.
- that generalize to the nursery, daycare, pre-school and school setting; and, on occasion even to siblings that have not been treated.

Fees...

Services may be covered through a standard fee, sliding fee or public funding source. CGC provides the documentation needed to file insurance claims.

For More Information...

or to make an appointment , please call:

***Parent-Child Interaction Therapy
Child Guidance Center, Inc.
Phone: (714) 953-4455 Ext. 620
Fax : (714) 558-9488***

Child Guidance Center, Inc. (CGC)

Founded in 1967 by concerned parents and mental health professionals, Child Guidance Center, Inc. (CGC) is a private, 501 C (3) tax-exempt agency, (IRS #95-2546170). CGC counsels over a thousand families per week through its facilities in the cities of Mission Viejo, Buena Park, Fullerton and Santa Ana and off-site locations in Anaheim, La Habra, Santa Ana and Tustin.



UC Davis, Medical Center

CGC's PCIT program was organized in 2004 in partnership with the UC Davis CAARE Center, a nationally recognized expert in the PCIT field. *That continuing partnership has led to CGC providing PCIT services to hundreds of Orange County families.*



Parent Child Interaction Therapy (PCIT)



***Better Parenting...
A Whisper Away™***



27451 Los Altos, Suite 240
Mission Viejo, CA 92691

525 Cabrillo Park Dr., Ste. 300
Santa Ana, CA 92701

2050 Youth Way
Fullerton, CA 92835

**(714) 953-4455 Ext. 620
www.cgcoc.org**