



## PARENT-CHILD INTERACTION THERAPY

### Description

Parent-Child Interaction Therapy (PCIT) involves the guidance of a skilled therapist who assists parents in enhancing their behavior-management abilities and building stronger relationships. Designed for children aged two to seven and their parents or caregivers, PCIT strives to reduce problematic externalizing behaviors in children, promote positive parenting practices, and enhance the overall quality of the parent-child bond. Through regular sessions, therapists provide coaching on essential skills like child-centered play, effective communication, fostering child compliance, and effective problem-solving.

PCIT is recognized as a well-supported practice by the Title IV-E Prevention Services Clearinghouse (<https://preventionservices.acf.hhs.gov/>).

### Target Population

PCIT is typically appropriate for **families with children who are between two and seven years old** and experience emotional and behavioral problems that are frequent and intense.

### Dosage

PCIT is typically delivered over 12-20 weekly hour-long sessions, but the exact treatment length varies based on the child's and family's needs. Treatment is considered complete when a positive parent-child relationship is established, the parent can effectively manage the child's behavior, and the child's behavior is within normal limits on a behavior rating scale.

### Recommended Locations/Delivery Settings

PCIT is usually delivered in playroom settings where therapists can observe behaviors through a one-way mirror. By using the one-way mirror therapists can provide verbal direction and support to the parent using a wireless earphone. Video technology can also be used to deliver the program in other environments such as the home.

### Education, Certifications and Training

To become a certified PCIT therapist, individuals must be a licensed mental health provider with a master's degree (or higher) in a mental health field or a third year psychology doctoral student who works under the supervision of a licensed mental health service provider. Individuals must also complete 40-hours of training with PCIT trainers and approved materials. Although online-based trainings are offered, at least 30 of the 40 required hours must be in face-to-face training.

**Additional information about these trainings can be found on the [PCIT International website](#)**



*Parent-Child Interaction Therapy, continued*



Materials are available in languages other than English, including Spanish.

**Contact Information for Developers**

Website: <http://www.pcit.org/>

Email: [pcit.international@gmail.com](mailto:pcit.international@gmail.com)

**States outside of Florida implementing PCIT under FFPSA:**

- Utah
  - Website: <https://hs.utah.gov/ffpsa>
  - Email: [dhsinfo@utah.gov](mailto:dhsinfo@utah.gov)
- Virginia
  - Website: <https://familyfirstvirginia.com/index.html>
  - Email: [familyfirst@dss.virginia.gov](mailto:familyfirst@dss.virginia.gov) or [ebplab@vcu.edu](mailto:ebplab@vcu.edu)
- Kansas
  - Website: <https://www.dcf.ks.gov/services/pps/pages/ffpsa.aspx>
- Nebraska
  - Website: <https://dhhs.ne.gov/Pages/Family-First.aspx>
  - Email: [DHHS.FamilyFirst@nebraska.gov](mailto:DHHS.FamilyFirst@nebraska.gov)
- Colorado
  - Website: <https://cdhs.colorado.gov/our-services/child-and-family-services/child-welfare/forms-and-policies/family-first-prevention>
- North Dakota
  - Website: <https://www.hhs.nd.gov/family-first>
  - Email: [dhscfs@nd.gov](mailto:dhscfs@nd.gov)