



Parents of challenging kids spend a great deal of time dealing with difficult and disruptive behaviors. They often find that traditional parenting does not work, and that many times it leads to an increase in these behaviors.

PCIT teaches parents ways to deal with these behaviors in a way that will decrease disruptive behaviors.

Moreover, they will begin to increase their child's positive behaviors.

If you are an adult searching for help for yourself or for a child, please contact us to learn about the other services available at Southern Iowa Mental Health Center.

Some options include:

- Therapy such as: Eye Movement Desensitization and Reprocessing (EMDR), Mindfulness Therapies, Trauma Focused Cognitive Behavioral Therapy (TF-CBT), Dialectical Behavior Therapy (DBT)
- Marriage, Couples and Family Therapy
- Integrated Health Home (IHH)
- Adult, Child & Adolescent Psychiatric Evaluation and Medication Management



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Parent-Child Interaction Therapy (PCIT)

*A specialized therapy, primarily designed for children, ages 2—7 * years old, who are displaying disruptive behavior.*

** May be adapted for older children*

In PCIT, parents will learn the **PRIDE** skills.

PRIDE stands for:

Praise:

Say What You Like!

Reflect:

Say What They Say!

Imitate:

Do What They Do!

Describe:

Say What They Do!

Enjoyment:

Positive Energy!

When parents learn to use these skills effectively with their children, they begin to see a change in their child's behavior.

Behaviors that may be helped with PCIT include, but are not limited to:

- Tantrum
- Arguing
- Fighting
- Defying Parents or Teachers
- Aggression
- ADHD
- Stealing
- Lying
- Destructive Behavior
- Low Self Esteem
- Sad mood
- Bonding in blended families
- Post-divorce adjustment
- Foster Children
- Adopted Children



Parent Child Interaction Therapy (PCIT) is an evidenced based therapy developed by Sheila Eyberg, PhD, a professor at the University of Florida.

PCIT works with the parents (or main caregiver) and child together to promote a positive parent—child relationship while decreasing the child's behavior problems.

Adaptations of PCIT have been used to address depression, separation anxiety disorder and autism spectrum disorders in young children.

