



West Tennessee
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TRP

NOW
OFFERING!

Parent Child Interaction Therapy PCIT

Are you tired of getting phone calls from school about your child's behavior?

Do you feel overwhelmed by your child's tantrums?

Does your child have trouble sitting still, playing quietly, or taking turns?

Are you tired of getting phone calls from school about your child's behavior?

Are you out of ideas for how to address your child's yelling or spitting?

Does it feel like you are stuck with how to handle defiance from your child?

Do you worry about the reasons for your child's emotional difficulties?

WHO IS RIGHT FOR PCIT?

PCIT is for children ages 2-and-a-half to 6 who display challenging emotional and behavioral difficulties and their parent or caregiver. The adult may be biological, foster, or adoptive parents, grandparents, or another involved family member that spends significant time with the child. If the questions above resonate with you, you and your child might be a great candidate.

WHAT IS PCIT?

Parent-Child Interaction Therapy is an evidence-based treatment for young children with behavioral problems that is conducted over the course of 12-20 weekly coaching sessions. With phenomenal results for children and parents backed by over 30 years of research, the live coaching sessions are a hallmark feature of the PCIT model. Our trained clinicians via video feed observe the caregiver and child alone together, and then provide coaching through an earpiece on the PCIT skills.

PCIT is done across two treatment phases. **The first phase of treatment** focuses on establishing warmth in your relationship with your child through learning and applying skills proven to help children feel calm and secure in their relationship with parents, and good about themselves. **The second phase of treatment** equips you to manage the most challenging of your child's behaviors while remaining confident, calm, and consistent in your approach. You will learn proven strategies to help your child accept your limits, comply with directions, respect the rules, and demonstrate appropriate behavior in public.

SOME DESIRED OUTCOMES FOR PHASE 1: Decreased frequency, severity, and duration of tantrums; decreased negative attention-seeking behaviors, decreased parental frustration; increased attention span, self-esteem, and pro-social behaviors.

SOME DESIRED OUTCOMES FOR PHASE 2: Decreased frequency, severity, and duration of aggressive behaviors, destructive behaviors, and defiance; increased compliance with adult requests and respect for the rules; decreased negative attention-seeking behaviors, decreased parental frustration; increased attention span, self-esteem, and pro-social behaviors.

WHAT IS PCIT?

For more information or to schedule an evaluation in Dyersburg, Jackson, or Union City, call 731.265.6450 and ask for a PCIT appointment or for more information on this exciting new treatment option.



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TN Department of
Mental Health &
Substance Abuse Services