

# PCIT:

## Parent-Child Interaction Therapy

**\*\*Services available for families with  
one or more deaf members\*\***



### **WHAT IS PCIT?**

Parent-Child Interaction Therapy (PCIT) is an evidenced based treatment that works with parents (including caregivers) and children together to promote healthy child development and parent-child relationships.

PCIT may "look" different than typical psychotherapy in that during most sessions, parents and children are seen together, and parents receive live coaching from their therapist. There is also a home-practice component where families practice their skills outside of the therapy sessions.

### **WHO WILL BENEFIT FROM PCIT?**

PCIT is used for children between the ages of 2 and 7 with behavioral concerns, impulsivity, hyperactivity, oppositional behavior, and difficulty following parent's instructions. PCIT has also been shown to decrease disruptive behaviors, improve language, and increase positive interactions between the parents/caregivers and their child.

### **HOW LONG WILL THE PROCESS TAKE?**

The amount of time in PCIT depends on each family because each family is unique. The process will only move forward if the parents, child, and therapist feel that improvements have been noted. Generally, PCIT occurs for 12-15 one-hour weekly sessions.

### **HOW DO I GET INVOLVED?**

Researchers in the Department of Psychology are currently adapting PCIT and studying its use with families that have one or more deaf members. As part of this research program, these services are offered at no charge to families. We do ask families to commit to attending weekly sessions at Gallaudet University. For more information about PCIT and whether or not it is a fit for your family, email or call Dr. Day at the contact information listed below.

This project has been approved by Gallaudet University's IRB.