PCIT is a hands-on treatment to help children listen & behave better. Therapists & caregivers work as a team to conquer behavior problems in a practical yet unique way.

**A Different Kind of Treatment**

**Here’s How PCIT Works:**

We’re behind a 1-way mirror, out of the way, but connected to you.

Through a wireless earpiece, we whisper strategies proven to help children.

We walk you through the skills & have your back while you practice with your child.

**Here’s Why PCIT Works:**

- **A partner in parenting** We make step-by-step changes together. You don’t have to try things out on your own, we’re in this together.

- **Real-time help** We can instantly see how the skills are working & make tweaks so they work even better.

- **A formula for success** We use tried & true techniques to make parenting easier, & we practice until you’ve got it down like second nature.

**The Road to Change**

**PCIT has 2 phases**

**Learn**

- **Start** Get to know each other
  We’ll first chat about your family’s needs & goals, fill out some forms, & watch you & your child play. This important information helps us better help you.

- **Phase 1** is about making your bond stronger & bringing out the best in your child. These skills make children want to listen more & be good.

  - **Learn**
    - Learn about skills during a therapist & caregiver meeting.
  
  - **Practice**
    - Practice skills with your child during coaching visits.

**Practice**

- **Phase 2** is about getting your child to listen right away. These skills help children follow directions & learn consequences.

  - **Learn**
    - Learn about skills during a therapist & caregiver meeting.
  
  - **Practice**
    - Practice skills with your child during coaching visits.

**A better day**

- By the end of PCIT, you’ll have an easier & more enjoyable relationship. You’ll have tools to parent smart, saving time & stress. Your child will feel like a good kid & you’ll feel like a proud parent with a child on the right path.

"You are going to be amazed. I literally have a different kid. I tell everyone I know and see about this therapy."

- Amanda P., Mom of 6-year-old daughter

- **Research shows nothing beats in-the-moment practice for getting behavior problems under control.**
PCIT Essentials

Who Do We Help?

**Children 2-7 who:**
- Hit/ kick/ bite
- Talk back/ whine/ swear
- Don’t follow directions
- Have temper tantrums/ outbursts
- Are easily distracted/ impulsive/ hyperactive
- Have problems with peers/ siblings
- Have been thrown out of daycare/ school

**Caregivers:**
- Biological parents
- Foster & adoptive parents
- Family members

How Long Is PCIT?

Visits to PCIT are 1 hour each week.

PCIT lasts 12-20 visits, sometimes more or less as each family’s needs are different. We work together until you’ve got the skills down & behaviors are on track. Many families start seeing changes after the first few sessions!

Who Are We?

Manhattan Psychology Group, PC
107 West 82nd St, LL P101
646-450-6210
https://manhattanpsychologygroup.com/

PCIT is developed by Sheila Eyberg, PCIT.org

Developed by Rebecca S. Handman, M.S. with Marta M. Shinn, Ph.D.
Illustrations by Gary P. Handman

Sources:

Get your child on the path to better behavior

PCIT Parent-Child Interaction Therapy

Let me tell you our lives are forever changed in a positive way.”

- Julieann C., Mom of 4-year-old son

PCIT Pays Off

46% Reduction in misbehaviors

Both parents & professionals endorse PCIT

89% Satisfaction rate among parents

300+ Research studies about PCIT

#1 Scientific rating by Evidence-Based Clearinghouse

3+ Years later children still have good behaviors

40 Years of helping thousands of families

11%