

# Children's Center



of Susquehanna and Wyoming Counties  
A Child Advocacy Center

## Parent - Child Interaction Therapy - PCIT -



### Behaviors worked on with PCIT:

- Defiance
- Children who demonstrate temper tantrums
- Aggressive behaviors
- Not listening
- Talking back to adults
- Short attention span

**Developed for children between the ages of 2 ½ - 7**

The Children's Center of  
Susquehanna and Wyoming Counties  
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**Parent-child interaction therapy (PCIT)** is an evidence-based treatment for young children with emotional and behavioral disorders that places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns. Most of the session time is spent coaching caregivers in the application of specific therapy skills. Therapists typically coach from an observation room with a one-way mirror into the playroom, using a “bug-in-the-ear” system for communicating to the parents as they play with their child.

PCIT is divided into two stages, relationship development (child-directed interaction) and discipline training (parent-directed interaction). Child-Directed Interaction (CDI) focuses on strengthening the parent-child attachment as a foundation for the second phase, Parent-Directed Interaction (PDI), which emphasizes structure and a consistent approach to discipline. Each phase is designed to last 5-6 weeks.



The Children's Center of Susquehanna and Wyoming Counties is a program of Family Service Association-NEPA, a private, non-profit, charitable organization. It is overseen by a committee of community members dedicated to serving children and providing the best care possible.



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