

## Now Offering Internet PCIT!

### What is PCIT?

Parent-Child Interaction Therapy (PCIT) is an evidence-based treatment for young children and parents that targets disruptive child behaviors (e.g., excessive tantruming, defiance, limited self-control) and equips caregivers with specialized tools to manage these behaviors at home and in public. Through therapeutic play and positive discipline strategies, PCIT helps parents and children get back on track in their relationship.



### Why I-PCIT?

Internet-delivered PCIT (I-PCIT) is a research-backed intervention that uses the traditional PCIT model but in a secure, virtual format, right in the convenience of a family's own home! It is a targeted treatment, and can be completed within 12-20 sessions.

Times are tough. COVID-19 has closed schools, family routines have been upended, and a lack of structure can cause kids to act out more. PCIT adds structure back to the household, builds warmer parent-child relationships, and reduces overall stress levels, at a time when families need it most. Parent-child interactions are observed and improved upon in real time through live coaching, *exactly* where child behavioral challenges are occurring.

### Who can benefit?

- \* Children ages 2-7 and their caregivers
- \* Children with attentional, emotional and/or behavioral regulation challenges
- \* Children who struggle with: listening to adult requests, sitting still, taking turns, frequent temper tantrums, aggression

### How do I learn more or get started?

- \* Email Dr. Ryan Conway at [rconway@concordcbt.com](mailto:rconway@concordcbt.com) for a complimentary, 15-minute phone consultation
- \* Visit [www.pcit.org](http://www.pcit.org)

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