

Parent-Child Interaction Therapy (PCIT)

Is your child difficult to manage? Defiant or oppositional? Angry or spiteful? If so, your family may benefit from PCIT!

What is PCIT?

PCIT is an evidence-based treatment for young children and parents that targets disruptive child behaviors and equips caregivers with special tools to manage these behaviors. Through therapeutic play and positive discipline strategies, learned via 1:1 coaching with a therapist, PCIT helps parents and children get back on track in their relationship!



What will I learn in PCIT?

- How to increase positive behaviors and decrease negative behaviors in children
- How to improve child compliance

PCIT adds structure 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 and when child behavioral challenges are occurring.

****PCIT is currently being offered virtually and in person for families who are fully vaccinated****

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 for a complimentary, 15-minute phone consultation

— The —
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