

What is PCIT?

- PCIT is for children ages 2-7 with disruptive behaviors and who are at risk for child abuse.
- Working Choices, Inc. delivers PCIT in the family home.
- PCIT is a behavioral family intervention developed by Sheila Eyberg at the University of Florida.
- > PCIT has been identified as a *best* practice for physically abusive parents.
- PCIT integrates concepts from social learning theory, attachment therapy and traditional play therapy.
- PCIT includes the child in treatment, both in session and during daily homework assignments.
- ➤ Parents in PCIT rehearse new skills weekly through live interactions with their children. This active practice facilitates skill development and allows the therapists to conduct ongoing assessments of parents' progress.
- Therapists use live coaching to directly observe parents' behaviors and provide immediate feedback as they occur.
- The University of Washington provides the fidelity monitoring of this Evidence Based Practice.

The PCIT program is implemented in *two* phases. The first phase is the Child Directed Interaction (CDI) phase during which parents develop child-centered interaction skills aimed at restructuring the parent-child relationship and providing the child with a secure attachment to his or her parent. The second phase is the Parent-Directed Interaction (PDI) phase which focuses on the development of the parents' behavior management skills including consistency and effective discipline.

PCIT is an assessment driven treatment. Working Choices utilizes three measures that are integral to the practice of PCIT:

- 1. **Eyberg Child Behavior Inventory (ECBI)**The ECBI is a 36-item parent report scale of conduct problem behavior.
- Dyadic Parent-Child Interaction Coding System (DPICS) The DPICS is a behavioral coding system that measures the quality of parent-child social interactions.
- 3. Sutter-Eyberg Student Behavior Inventory
 -Revised (SESBI-R)The SESBI-R is a 38-item
 teacher rating scale of conduct problem
 behaviors at school for children 2 years old
 and up.

Making a PCIT Referral

Parent-Child Interaction Therapy
services are referred by DCYF
Social Workers directly to
Working Choices, Inc., using FAMLINK.
Please feel free to call to consult or to
check PCIT availability

425-822-8654

referrals@workingchoices.net

Working Choices, Inc.

has been a trusted State contracted service provider of in-home counseling services since 1986.

Available WCI Services:

- Crisis Family Intervention (CFI)
- Family Functional Therapy (FFT)
- Family Preservation Services (FPS)
- Parent-Child Interaction Therapy (PCIT)
- Positive Parenting Program (PPP)
- Professional Services (PRO)
 - Parenting Assessments
- Promoting First Relationships (PFR)
- Safe Care
- Privately Contracted Counseling Services

Working Choices, Inc.

has a diverse staff of Licensed or Certified Counselors and Social Workers.

All WCI therapists receive Certified Supervisor and are committed to the WCI mission of enhancing safety, stability, and quality of life for children.

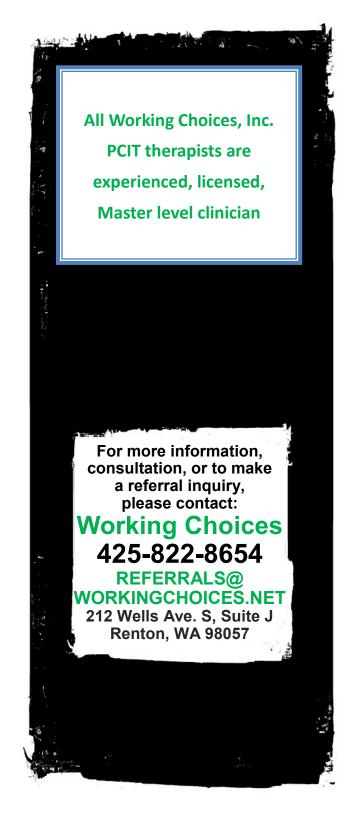


GOALS of PCIT include:

- ✓ To improve the quality of the parentchild relationship.
- ✓ To improve the parent-child interaction patterns and play.
- ✓ To increase consistency of parenting responses.
- ✓ To improve child's pro-social and regulatory behaviors.
- ✓ To provide the child with a secure attachment to his or her parent.
- ✓ To increase positive, sensitive and nurturing parent-child interactions.
- ✓ To master *effective* discipline/ behavioral management.
- ✓ To develop an effective authoritative parenting style.

What does the research say?

According to PCIT International, upon completion of PCIT, parents show clinically significant increases in their reflective listening, positive communication and physical closeness with their child. Also, significant were decreases in sarcasm and criticism of the child. Consumer satisfaction tests have shown that parents are highly satisfied with the process and outcome of PCIT treatment. These parents self reported feeling empowered and less distressed!





Working Choices, Inc.

PCIT

Parent-Child Interaction Therapy

www.workingchoices.net