



## 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.
2. **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 FAMILINK. Please feel free to call to consult or to check PCIT availability  
**425-822-8654**  
[referrals@workingchoices.net](mailto: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 parent-child 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!

All Working Choices, Inc.

PCIT therapists are  
experienced, licensed,  
Master level clinician

For more information,  
consultation, or to make  
a referral inquiry,  
please contact:

**Working Choices**

**425-822-8654**

**REFERRALS@  
WORKINGCHOICES.NET**

212 Wells Ave. S, Suite J  
Renton, WA 98057



Working Choices, Inc.

**PCIT**

Evidence Based  
**Parent-Child  
Interaction  
Therapy**

[www.workingchoices.net](http://www.workingchoices.net)