



**The Psychological Services Center (PSC)** is a training clinic for the doctoral program in Clinical Psychology at the University at Buffalo. We are committed to training that emphasizes the use of the most innovative and effective treatments.

**Other Services Offered:**

- Psychological Assessment
- Individual Therapy
- Couples Therapy
- Group Therapy
- Child & Family Services
- Smoking Cessation

Psychological Services Center  
Department of Psychology  
University at Buffalo  
168 Park Hall  
Buffalo, NY 14260

**Recipient Name**  
Street Address  
City, ST ZIP



**University at Buffalo**  
The State University of New York

Website: [psychservices.buffalo.edu](http://psychservices.buffalo.edu)  
Email: [ub.psychservices@gmail.com](mailto:ub.psychservices@gmail.com)

Tel (716) 645-3697  
Fax (716) 645-6186



## Parent-Child Interaction Therapy (PCIT)

Improving relationships between parents and children

**Psychological Services Center**  
North Campus, Park Hall 168



**University at Buffalo**  
The State University of New York

---

## What is PCIT?

---

**Parent Child Interaction Therapy (PCIT)** is a short-term evidence-based treatment for young children with challenging and disruptive behaviors.

**PCIT** has two main goals:

- Enhance positive, warm parent-child relationships.
- Promote effective, consistent discipline to manage problematic behaviors.

To accomplish these goals, **PCIT** includes two treatment phases across 12 to 16 weekly sessions:

### ***Child Directed Interaction (CDI)***

- Strengthens parent-child relationship
- Child-centered play
- Increases children's pro-social behaviors

### ***Parent Directed Interaction (PDI)***

- Teaches parents how to use effective discipline strategies
- Teaches children to follow directions

**Caregivers report positive changes in just 3 to 4 sessions!**

Caregivers are the key to success!



---

## What are the Benefits?

---

**PCIT** has been shown in numerous research studies to improve challenging child behaviors that often strain the parent-child relationship.

### **Positive changes reported include:**

- ✓ Better Communication
- ✓ More pro-social child behaviors
- ✓ Increased warmth in the relationship
- ✓ Better listening and child compliance with parental directions

---

## Who is PCIT for?

---

Caregivers of young children **ages 2.5 to 7** who have any of the following behaviors:

- ❖ *Can't sit still*
- ❖ *Doesn't listen to adults*
- ❖ *Has frequent temper tantrums*
- ❖ *Teases or annoys others*
- ❖ *Hits or kicks others*

---

## How does PCIT work?

---

- ❖ Parents and children play **together**.
- ❖ Parents "**learn by doing**." Parents receive feedback from their PCIT coach, with real-time support for challenging behaviors.
- ❖ **Improvements generalize**. Parents learn to use new skills across home, school, and childcare settings.

---

## How much does PCIT cost?

---

We offer a **sliding scale fee**. While we do not accept insurance, the fees charged are often the same as, or less than, the cost of the co-pay for mental health treatment required by many insurances.