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

Parent-Child Interaction Therapy (PCIT)

Improving relationships between parents and children

Recipient Name
Street Address
City, ST ZIP

Website: psychservices.buffalo.edu
Email: ub.psychservices@gmail.com

Tel (716) 645-3697
Fax (716) 645-8186

Psychological Services Center
North Campus, Park Hall 168

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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!

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.

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

Caregivers are the key to success!

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.