How do I get PCIT?

To discuss services or make a referral, please call us!

Phone: (716) 645-3697
Fax: (716) 645-6186

We are located in 168 Park Hall, on the North Campus

How much does it cost?

We are pleased to offer a sliding scale fee. For more information, please visit our website at: psychservices.buffalo.edu

Parenting is HARD WORK

Does your child…

Whine?
Tantrum?
Argue with adults?
Hurt others?

We can help!

Parent-Child Interaction Therapy (PCIT)
An Informational Guide

The Psychological Services Center (PSC) is operated by the Department of Psychology at the University at Buffalo. The PSC is the training clinic for the doctoral program in clinical psychology. 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 and Family Services
- Smoking Cessation

Psychological Services Center
168 Park Hall, North Campus
Buffalo, NY 14620
psychservices.buffalo.edu
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 child behaviors in just 3 to 4 sessions!

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.

Caregivers are the key to success!