



Contact any of these agencies and  
ask for PCIT!

**New Castle County**

Latin American Comm. Center 295-2160

Delaware Guidance Services 652-3948

University of Delaware Psychological Services  
Training Center 831-2717

**Kent County**

Delaware Guidance Services 678-3020

**Sussex County**

Catholic Charities 856-9578

Delaware Guidance Services 645-5338

Lighthouse Therapy Center 732-1310



**Delaware's  
B.E.S.T.  
For Young  
Children**



**Division of Child Mental  
Health Services**

**Delaware Children's  
Department**

**Parent-Child  
Interaction  
Therapy  
(PCIT)**

**For children 2-5 years  
with very challenging,  
disruptive behavior  
and their parent or  
caregiver**



The Division of Child Mental Health Services has provided expert training in Parent-Child Interaction Therapy (PCIT) to therapists in each of the organizations listed on the back of this brochure. Funding for the training and clinical consultation in PCIT and for this brochure is provided through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Dept. of Health and Human Services (HHS). The views, policies and opinions expressed do not necessarily reflect those of SAMSHA or HSS.

For general information about PCIT, please contact staff of DCMHS' federally funded grant project at:

302-781-3212 or 781-3219



# Parent-Child Interaction Therapy (PCIT)

## What is it?

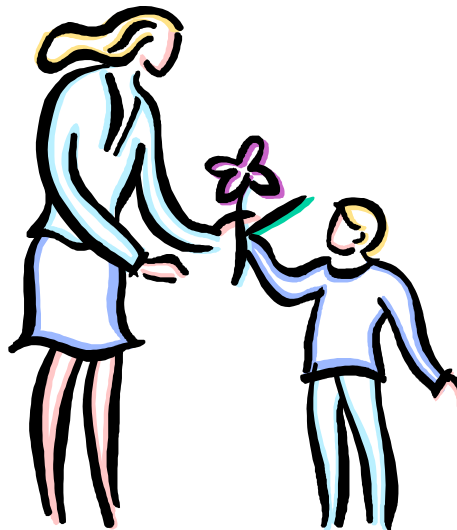
- **Effective treatment, working with a PCIT therapist and your child**
- **Working with parent(s) or caregiver(s) in building relationship with child + learning skills to change negative parent-child behavior patterns**
- **Positive discipline strategies that *really* work**
- **Coaching by therapist and immediate feedback**
- **12-16 one-hour sessions (office-based)**



## Will it help my child?

PCIT works best with children ages 2-5 years who are having emotional or behavioral problems such as:

- Refusing to follow rules
- Biting
- Hitting
- Throwing objects
- Throwing tantrums



## What Can I expect?

- **Improvement in the quality of the parent-child relationship**
- **Increase in pro-social child behaviors**
- **Decrease in child behavior problems**
- **Decrease in parenting stress**
- **Increase in parenting skills, including positive discipline**

Let us help you enjoy life more by having less parental stress.

See how effective these new parenting skills and strategies are with *your child!*