



Parent-Child Interaction Therapy (PCIT) is a highly effective solution for parents with children who have behavior problems such as:

- defiance
- attention-deficit disorder
- hyperactivity
- aggression
- frequent temper tantrums
- attachment problems

For more information  
or to begin services, call

**463-3300 x 101**

and ask for our PCIT Coordinator.

Services are available in Spanish.

Medi-Cal covers the cost  
of PCIT services



## Tapestry Family Services

**(707) 463-3300**

290 East Gobbi St., Ukiah CA 95482

fax (707) 463-3318

**[www.tapestryfs.org](http://www.tapestryfs.org)**

PCIT services in Mendocino County  
are provided with support from  
The California Endowment.



At  
**Tapestry  
Family Services**

## What is PCIT?

Parent-Child Interaction Therapy is an intensive 14-16 week program that:

- decreases child behavior problems
- increases parenting skills
- enhances the quality of the relationship between parents and children

## What behaviors does PCIT target?

Parent-Child Interaction Therapy targets defiant, non-compliant, aggressive behaviors such as:

- temper tantrums
- aggression
- attention deficit-disorder
- hyperactivity
- opposition

In addition, PCIT works to repair attachment difficulties.

## The 3 Stages of PCIT

### Assessment

A PCIT trained clinician gathers historical and current information regarding your child, including a pre-treatment observation in order to establish a baseline for targeted behaviors.

### Relationship-Building

Parent and child participate in play therapy while the clinician is coaching the parent on how to strengthen the relationship.

### Discipline Phase

Parents continue play therapy sessions with their children, while the clinician coaches parents on how to use behavior management techniques.

## How is PCIT different than other parenting programs?

- Parents and children are seen together in the play therapy setting.
- Direct coaching is provided to the parent from behind a one-way mirror.
- Parents are coached on what to say and do in order to improve relationships and manage behavior.

## What results can I expect?

Clinical studies have proven that PCIT improves compliance rates, enhances the quality of parent-child relationships and gives parents the confidence to use highly effective parenting skills.

Parents also experience a generalization across environments, such as school and the community, along with positive effects on siblings.

