

PARENT-CHILD INTERACTION THERAPY



PCIT Skills:
Praise
Reflect
Imitate
Describe
Enjoy

Is Parent-Child Interaction Therapy (PCIT) right for your family?

Parent-Child Interaction Therapy (PCIT) is a specialized program for families with children ages 2-7 struggling with disruptive or aggressive behaviors, attention difficulties, or oppositional and defiance problems.

FOR MORE INFORMATION CONTACT:
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PCIT is an evidence-based, short-term treatment designed to help young children with highly disruptive behavior learn to control their frustration. In PCIT, we work with each parent to strengthen their relationship with their child and build their confidence and ability to effectively guide and direct their child's behavior, set limits, calmly discipline, and restore positive feelings to their interactions.



About Rutgers: The Center for Psychological Services at the Graduate School of Applied and Professional Psychology at Rutgers University is a state-of-the-art outpatient clinic that treats a wide range of populations, disorders and difficulties. Clinicians are graduate students in Rutgers University's doctoral programs who are trained by expert faculty and supervised by licensed psychologists..

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