

MISSION STATEMENT

River Oak Center for Children helps children and youth who need support, coaching, and treatment to thrive at school, at home, and in the community. Through innovative and evidence-based programs, River Oak strengthens children, youth and families to manage life's challenges and achieve their full potential.

Our Big Ideas

- Parents want what's best for their children
- Families deserve our respect, caring and understanding
- Children deserve to be nurtured, have their needs met and to be successful.
- People are important so good systems connect people, resources and opportunities.

Services at River Oak can be initiated by calling the Sacramento County Child & Family Access Team at
(916) 875-9980.

River Oak Center for Children has clinicians specifically trained to provide PCIT services.



For information, please contact:
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*In collaboration with the Sacramento County
Department of Health and Human Services
Division of Mental Health*



River Oak
Center for Children

A Place for Children and
Families to Grow

**Parent-Child
Interaction
Therapy**

(PCIT)

What is it and how can it help?

Parent-Child Interaction Therapy (PCIT) is an evidence based treatment program that is designed to help both parents and children. The PCIT program works with parents and children together to improve the quality of the parent-child relationship and to teach parents the skills necessary to manage their child's challenging behavior problems.

The PCIT program consists of two parts: a *Relationship Enhancement* component, parents are taught and coached how to increase positive interactions and communication with their child. In the *Discipline* component, parents are taught and coached effective child-management skills. In both components of PCIT, parents learn specific skills, are required to practice these skills live in session, and continue to practice these skills until mastery is achieved and the child's behavior is improved.

PCIT is appropriate for children who:

- ◆ Are between the ages of 2 and 8 years
- ◆ Exhibit many of the following behavioral concerns
 - Difficulty in school, preschool, and/or daycare
 - Aggression towards parents, siblings, and /or other children
 - Sassing back to their parents
 - Refusing to follow directions
 - Frequent temper tantrums
 - Swearing



The effectiveness of PCIT

For many families the full course of treatment is completed in 14-20 weekly 1 hour sessions.

Research studies on the effectiveness of PCIT have shown the following:

- Decreases child behavioral problems
- Improves parenting skills
- Enhances the quality of the relationship between parent and child
- Decreases child mental health problems
- Decreases parent's personal distress
- Parents are highly satisfied with the process and outcome of treatment

PCIT was developed by
Sheila Eyberg, PhD

For more information on PCIT go to:
<http://pcit.php.ufl.edu>