

Westcoast Family Centres contribute to the healthy development of children by providing services to strengthen the relationships between children and families and between families and their communities.



**Westcoast
Family Centres**
BUILDING BLOCKS FOR BETTER LIVES

Parent-Child Interaction Therapy (PCIT)



Westcoast Family Centres

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Family Centres**

BUILDING BLOCKS FOR BETTER LIVES

MAPLE RIDGE
NORTH SHORE

TRI-CITIES
VANCOUVER



Ministry of
Children and Family
Development

REFERRAL & INFORMATION
604.417.3963

Direct coaching and support for parents who are struggling to manage their child's behavior. PCIT is a comprehensive, assessment-based program that lasts an average of 14 to 16 weekly sessions.



What is Parent-Child Interaction Therapy?

Parent-Child Interaction Therapy (PCIT) is an empirically valid counselling program for families that focuses on reducing serious behavioural issues, improving parenting skills, and enhancing relationships.

PCIT uses a concrete, skill-based approach to teach parents and children new and positive ways to relate to each other. Parents learn how to encourage positive behavior as well as effective discipline strategies tailored to their child's behaviour and temperament.

In each session, the parent and child play together in one room while the PCIT counsellor coaches the parent through an earpiece from a separate room. The therapist helps the parent practice and master new skills.

Who can benefit from PCIT?

PCIT is an appropriate intervention anytime a parent feels their child's behaviour has become unmanageable. The PCIT program at Westcoast is offered for children aged 2 through 7 years old.

PCIT has been used successfully with:

- + Attachment problems
- + Children who are verbally or physically aggressive
- + Defiance and stubbornness
- + Hyperactivity
- + Chronic child behaviour problems
- + Child abuse or neglect
- + Children with antisocial behaviour or who have trouble playing with other children

When is PCIT appropriate?

PCIT is appropriate for

- + Birth parents
- + Foster parents
- + Adoptive parents
- + Kinship or family caregivers
- + Single-, two- and step-parent families

PCIT can also be used as part of a reunification plan, as long as parent and child have frequent contact or are already living together.

PCIT is not appropriate in cases where there is ongoing domestic violence or extreme parental anger. PCIT is more effective if parents are not actively involved in substance abuse.

Making a Referral

For more information or to make a referral, please contact

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