

# HOW DOES UM PCIT WORK?

## University of Miami Parent-Child Interaction Therapy Sites:



UNIVERSITY OF MIAMI  
MILLER SCHOOL  
of MEDICINE

PCIT is a very effective treatment backed by over 30 years of research. Live coaching is a key ingredient of PCIT. Your PCIT Coach will observe and coach you while you play with your child. Your coach and you will work together to manage challenging child behaviors.

### How Live Coaching Works:

- ✓ You learn PCIT skills quickly because you practice positive attention and discipline skills with your child with help from your coach.
- ✓ You receive caring support from your coach while you gain confidence and master parenting skills
- ✓ You receive live feedback from your coach about strategies to manage your child's challenging behaviors.

PCIT can be enjoyable for you and your child. You may see improvements within just 3-4 sessions.

- 📍 **Downtown- Mailman Center**
- 📍 **Overtown- Touching Miami with Love**
- 📍 **Little Havana- ConnectFamilias**
- 📍 **Coral Gables- University of Miami**
- 📍 **Kendall- Dadeland West**
- 📍 **Homestead- Touching Miami with Love**
- 📍 **Telehealth: In-Home via Internet**

Call or email us and we will link you with your preferred location



305-243-0234



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## Parent-Child Interaction Therapy (PCIT)

Learn to improve your child's behavior  
and enjoy each other more for FREE!



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- Meaghan Parlade Ph.D., Psychologist





## WHAT IS PCIT?

PCIT is a 12-18 session free parenting program created for children and families. PCIT teaches you to manage your child's difficult behaviors, while having fun and improving your child's good behaviors. PCIT also works to reduce your stress.

PCIT coaches and families meet once each week for a one-hour appointment. The length of treatment depends on how quickly you learn PCIT skills, and how quickly your child's behavior gets better.

PCIT starts with you following your child's lead during play. You will be taught how to praise, describe, reflect, and imitate your child's behavior. These skills will help improve your relationship with your child and your child's behavior.

Next, PCIT helps you learn to use commands that work with your child. It also helps you learn to use calm discipline that works. Your PCIT coach will help you learn how to manage your child's behaviors in many different places and situations. As a part of PCIT, we tailor our services to meet the needs of your family.

## WHO IS PCIT FOR?

Children ages 2 to 7 who display any or all of the following:

- Parent-child relationship problems
- Refusing adult requests
- Easy loss of temper
- Annoying others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

## TYPES OF PCIT PROVIDED:

**PCIT:** live coaching of parent-child interactions in an office-based setting

**i-PCIT:** live coaching of parent-child interactions via secure video feed into the family's home

**PCIT for children with Autism Spectrum Disorder:** live coaching of parent-child interactions specifically tailored for children with autism in a clinic-based setting

**PCIT plus Natural Helpers:** PCIT in office setting plus weekly home visit support to help you learn PCIT skills and help your family find needed resources and services

## RESEARCH INFORMATION

The PCIT program provides evidence-based parenting services to families with children between the ages of 2 and 7 years old. The core parts of PCIT are:

1. Child-centered and discipline-focused program phases
2. Live skills practice while coaching is provided by a PCIT therapist via a wireless earpiece

The University of Miami Parent-Child Interaction Therapy Program is funded by The Children's Trust. The Trust is a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County.

University of Miami Parent-Child Interaction Therapy Program esta financiado por El Fidecomiso de los Ninos (The Children's Trust). El Fidecomiso de los Ninos es una fuente de financiaci3n, creada por los votantes en referendum para mejorar las vidas de los ninos y las familias de el Condado de Miami-Dade.

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## WHO ARE APPROPRIATE CAREGIVERS FOR PCIT?

- Biological parents
- Legal guardians
- Foster parents
- Grandparents
- Adoptive parents
- Kinship caregivers



305-243-0234

<https://tinyurl.com/pcit305>

