

# Parent-Child Interaction Therapy



## What is Parent-Child Interaction Therapy?

Parent-Child Interaction Therapy (PCIT) is a service for families with children aged 2 – 7 years experiencing a broad range of behavioural challenges.

The phases of PCIT help parents develop stronger, more positive relationships with their child and equip them with strategies for managing their child's challenging behaviour more effectively.

PCIT has dual goals of behaviour management and relationship building and runs over 12 – 20 weeks with weekly, hour long sessions.

## Parent-Child Interaction Therapy aims to:

- educate and equip parents with the skills to manage their child's behaviours
- teach parents the PRIDE skills – Praise, Reflection, Imitation, Description and Enthusiasm
- improve family interactions
- combine teaching, modelling, role playing, practice and homework to bring about positive behaviour changes.

## Benefits

- increased positive interaction with child and parent/caregiver
- reduced level of child behavioural problems at home and school
- improved speech and language skills
- improved child and parent/caregiver self-esteem and confidence
- better communication at home
- increased levels of relationship closeness.

## Other services available

UnitingCare Community also has other parenting programs and workshops that you can attend. These include:

- 1-2-3 Magic and Emotion Coaching
- Bringing Up Great Kids
- Tuning In to Kids
- Engaging Adolescents

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## Contact Details

### Chermside

Level 1, 766 Gympie Rd  
Chermside, Q 4032

**P:** (07) 3624 2400

**E:** [parenting.chermside@ucommunity.org.au](mailto:parenting.chermside@ucommunity.org.au)

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