

Parent-Child Interaction Therapy (PCIT)

CLINICAL & WELLNESS CENTER

What is PCIT?

Parent-Child Interaction Therapy (PCIT) is a short-term, specialized behavior management program for caregivers of young children experiencing behavioral and/or emotional difficulties, and their families. PCIT is an exceptional effective evidence-based treatment back by over 30 years of research.

Who is PCIT appropriate for?

PCIT is appropriate for families with children between 2 ½ - 7 years old, who are exhibiting emotional or behavioral problems at home or at school. The children we work with typically exhibit some or many of the follow behaviors:

- Act defiantly or talk back
- Disobey rules
- Are aggressive to others or destroy property
- Are easily frustrated or lose their tempers easily
- Have trouble regulating their emotions or impulses
- Have difficulty with transitions
- Experience intense anxiety
- Have difficulty separating from parents
- Are excessively fearful or phobic



These challenging behaviors may have led to conflict within the family, including causing stress in the relationship between the caregiver and their young child, as well as difficulties in school and with siblings and peers.

What can I expect in a PCIT session?

In PCIT, parents receive live coaching while they interact with their children and practice new skills during weekly, hour-long sessions. Treatment emphasizes improving the quality of the parent-child relationship by helping parents build positive, warm relationships with their children while also supporting parents as they set firm, developmentally appropriate limits. PCIT consists of two treatment phases:

■ Phase One

Parents learn and practice skills to to promote positive child behaviors, decrease unwanted behaviors, and foster warm and supportive communication between parent and child

■ Phase Two

Parents learn behavior management skills to reduce more problematic behaviors, increase child compliance, and learn how to follow through with consistent and predicatable discipline procedure

Therapists provide live coaching and support to parents during each session using a one-way mirror and a "bug-in-the-ear" communication system. Therapy skills are also practiced at home, with the therapist and parent collaborating to decide which skills to focus on most over the next week. Parents and therapists work together to manage challenging child behaviors. Families in PCIT are typically seen for 4-6 months, depending on the needs of the family.

www.cbc-psychology.com info@cbc-psychology.com



Cognitive Behavioral Consultants
Westchester - Manhattan



Amber Ufford, PhD
Coordinator of PCIT Program

Amber Ufford is a full-time licensed psychologist at CBC who provides individual, family, and group therapy for children, adolescents, and adults. Her specializations include the treatment of depression and mood disorders, generalized anxiety, social anxiety, specific phobias, self-injurious behaviors, ADHD, and disruptive behavior disorders. Dr. Ufford is a certified therapist and Level 1 Trainer in Parent-Child Interaction Therapy (PCIT) through PCIT International. Additionally, Dr. Ufford has received comprehensive training in Acceptance and Commitment Therapy (ACT), Dialectical Behavior Therapy (DBT), as well as traditional Cognitive Behavioral Therapy (CBT). She received her BA with honors Psychology from the University of California, Santa Cruz and her PhD in Clinical Psychology from Hofstra University.

Dr. Ufford is an active member of the American Psychological Association (APA), the Association for Behavioral and Cognitive Therapies (ABCT), and the Association for Contextual Behavioral Science (ACBS).



Lata K. McGinn, PhD
Co-founder of Cognitive
and Behavioral Consultants.



Alec Miller, PsyD
Co-founder and Clinical Director of
Cognitive and Behavioral Consultants.

Please contact: Dr. Michelle Greenberg,
Director of Clinical Intake Services at
914-385-1150, Option 1, if you are interested in
participating in PCIT. If your child is already a
patient at CBC, please discuss eligibility of this
program with your child's individual therapist.

For more information about the effectiveness
of PCIT, please visit PCITInternational.org

1 North Broadway, Suite 704 White Plains, NY 10601 914-385-1150
320 Central Park West, Suite 1C, NY, NY 10025 212-595-9559