

What is PCIT?

PCIT is a specific therapy approach designed to address disruptive behaviors in young children ages 2-7. PCIT has been found effective in treating oppositional behavior, inattention, and aggression. The child's parent(s) are actively involved in PCIT. PCIT reaches parent(s) specific strategies to increase the child's compliance and decrease aggression.



Is It Effective?

PCIT has been extensively researched and evaluated using treatment groups and control groups. Children in treatment groups demonstrated significant reduction in their level of behavior problems. Behavioral improvements are apparent in both the home and school setting.

How Long Does PCIT Take?

PCIT generally takes from 12 to 20 sessions and does require a strong commitment. PCIT is considered complete when the parent has mastered the required skills.



How Does PCIT Work?

There are two stages in this therapy approach. The first stage is a relationship enhancement where the bond between the child and parent(s) is strengthened. The parent(s) learn specific skills designed to enhance the child's self-esteem and improve the child's mood and desire to please the parent(s). The second stage is compliance training where the child learns to listen to and follow the parent's instructions.

Who IS PCIT For?

Kids between 2 and 7 years old who have many of these problems:

- *Difficulties in preschool, Head Start, or Kindergarten
- *Aggression toward parents, siblings, or other children
- *Refuses to follow directions
- *Frequent temper tantrums
- *Swearing
- *Defiance
- *Really bad attitude
- *Won't cooperate with time-outs
- *Disciplines that work with other children don't work with them.



Turning Leaf Counseling

We accept most major private insurance carriers and Medicaid (Title XIX). Some services are limited due to insurance requirements and provisions in insurance coverage. Call to find out if your insurance can be accepted. Private Pay and Sliding Scale also available.

Some of the other issues dealt with at Turning Leaf Counseling include:

- EMDR
- Depression
- Anger Issues
- Anxiety issues
- Grief and Loss
- Communication
- Stress management
- Parenting Difficulties
- Teen and Parent Problems
- People seeking personal growth
- Parent Child Interactive Therapy
- Childhood mental health disorders

641-421-2089

Please call today to discuss counseling availability.

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