

# Parent-Child Interaction Therapy (PCIT)




## What is PCIT?

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

## Interested?

Immediate openings available. Contact us today!

 **207-581-2034**



### Psychological Services Center (PSC)

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The PSC uses a sliding-fee scale.

## How does PCIT work?

- PCIT skills are learned quickly by caregivers because they practice with their child with help from their coach.
- Coaches provide caring support as caregivers gain confidence and master their skills.
- Coaches provide live feedback about strategies to manage the child's challenging behaviors.

## Who is PCIT for?

Caregiver(s) and children aged 2-7 years old experiencing emotional and behavioral difficulties.

Contact Dr. Lauren Holleb ([lauren.holleb@maine.edu](mailto:lauren.holleb@maine.edu)) with any questions.