

Need help managing your preschooler's behaviour?



Does your child show emotional or behavioural problems such as:

- Temper tantrums
- Disobedience
- Aggressive behaviour
- Anger & irritability
- Low motivation
- Little empathy or remorse
- Shallow emotions
- Insensitivity to discipline

When a child shows these *disruptive behaviours* on most days for six or more months, professional help may be needed. Disruptive behaviours become harder to change the older a child gets so getting help early is important.

What is PCIT?

Parent-Child Interaction Therapy, or **PCIT**, is one of the most effective programs for managing oppositional and defiant behaviours in children 7 years and younger.

PCIT integrates attachment theory and behaviour modification techniques to help parents regain confidence in their ability to positively and effectively parent their child.



PCIT is done with both the parent and child present. While the parent plays with the child, PCIT specialists coach him/her using a bug-in-ear device to give real-time feedback from behind a one-way mirror.

How does PCIT work?

There are two phases involved in PCIT. The first phase is called **Child-Directed Interaction (CDI)**. In this phase, parents are coached to use play therapy techniques with their child to improve the quality of the parent-child relationship and increase appropriate child behaviours.

The second phase is called **Parent-Directed Interaction (PDI)**. In this phase, parents are taught how to give clear, effective commands and set appropriate limits to increase child compliance.

What are the benefits of PCIT?

Decades of research support that PCIT improves children's behaviour problems and parent's skills, increases child compliance, reduces parent's stress levels, and improves overall family functioning. Parents who have completed PCIT report high levels of satisfaction with the program and more confidence in managing their child's behaviours. Learn more about PCIT at: <http://www.pcit.org>

Who is PCIT for?

Parent-Child Interaction Therapy is supported for families of children ages 7 years and younger with disruptive behaviours including temper tantrums, noncompliance, and aggressive or argumentative behaviour.

The UNSW Parent-Child Research Clinic also specialises in working with children who show limited empathy/remorse, insensitivity to punishment, and low motivation.

We also offer PCIT delivered face-to-face with an experienced therapist over the Internet to interested families.

For more information, go to:

<http://www.conductproblems.com>

Contact us

Email: preschoolparenting@gmail.com

Phone: (02) 9385 0376

We will complete a brief intake telephone interview with you to find out whether our programming is most suitable for your family.

About the Clinic Director



Eva R. Kimonis, Ph.D., is an Associate Professor in the School of Psychology at The University of New South Wales. She is an expert in the area of childhood disruptive and aggressive behaviour.

Dr Kimonis is also an experienced clinical child psychologist. She specialises in parent management training interventions, and specifically Parent-Child Interaction Therapy (PCIT) for young children with disruptive behaviours. She is a certified PCIT provider and Level 1 trainer, as endorsed by PCIT International©. She has developed an enhanced version of PCIT for children with limited prosocial emotions (low empathy, poor motivation, insensitivity to punishment) who are at risk for chronic and severe disruptive behaviour.



Parent-Child Interaction Therapy



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