

Need help managing your young child's behaviour?



Parent-Child Interaction Therapy is supported for **families of children under age 7** for whom the **primary concern is disruptive behaviour(s)**, this could be:

- Temper tantrums
- Disobedience / Noncompliance
- Attention difficulties / Hyperactivity
- Anger / Irritability
- Aggression
- Argumentative behaviour

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 as children get older so getting help early is important.

What is PCIT?

Parent-Child Interaction Therapy, or **PCIT**, is one of the most effective programs for managing defiant, non-compliant, destructive, and aggressive behaviours in young children.

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.

Learn more about PCIT at: <http://www.pcit.org>



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.

Our Current Programs

Standard & Enhanced PCIT

These are the individually delivered PCIT programs for children aged 2.5- to 6.9-years-old, as described in this pamphlet. We also specialise in delivering an enhanced version of PCIT designed for children with limited prosocial emotions (low empathy, remorselessness, insensitivity to punishment, and low motivation).

I-PCIT

We offer Internet-delivered PCIT via teleconferencing for families who are unable to come to the clinic, including those living in rural or remote areas.

SCHOOL-BASED PCIT

Our outreach clinics based at Ingleburn Public School and Condell Park Public School provide PCIT to children within a school setting, involving families and teachers in Sydney's South West. School-based PCIT is currently being offered as part of a clinical research trial. It is being provided free of charge to eligible families.

PCIT-EI

PCIT-Early Intervention is a brief version of PCIT designed for infants and toddlers from 12-months to 2.4-years-old with emerging behavioural concerns.

HOTDOGS

The Helping Our Toddlers, Developing Our Children's Skills program is a 7-week group-delivered parenting program. It is suitable for ALL parents and caregivers of children between 18-months and 5-years-old (inclusive).



Our Team

Eva Kimonis, PhD, is Clinic Director and Professor in the School of Psychology at The University of New South Wales, Sydney. She is an experienced clinical child psychologist with expertise in child disruptive and aggressive behaviour. She developed the enhanced version of PCIT for children with limited prosocial emotions.

Prof Kimonis is a certified PCIT provider and trainer, as endorsed by PCIT International©.

All treatment services are provided by registered psychologists, clinical psychologists or provisional psychologists supervised by more senior clinical psychologist supervisors. All have received advanced training in PCIT from a certified PCIT International© trainer.

We are a fee-for-service clinic and our services are eligible for a Medicare rebate with a GP Referral Letter and Mental Health Care Plan.



Parent-Child Interaction Therapy (PCIT)



Parent-Child Research Clinic

Room 819, Level 8, Mathews Building, Kensington Campus, UNSW Randwick, NSW Australia

(02) 9385 0376

pcrc@unsw.edu.au

www.conductproblems.com

For more about our programs please visit our website.