PCIT & PC-CARE

Parent-Child Interaction Therapy (PCIT) is an early intervention program for young children ages 2-7 that have disruptive behaviors such as anger, tantrums, talking back, and refusal to follow directions. Therapists use behavioral principles such as modeling and reinforcement in their coaching to shape the child's behavior and assist the parent in successfully managing and reducing the child's difficult behaviors. During these parent-child interactions the therapist gives immediate feedback from an observation room while the caregiver wears a hidden ear device. The use of live coaching and immediate feedback is key in PCIT.

PC-CARE is a 6-week model of PCIT. This model is more practical for some families because it requires a shorter time commitment.



REQUEST A PRESENTATION:

We are happy to provide presentations to our community partners and Family Resource Centers at no charge.

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Parent-Child Interaction Therapy PCIT

&

PC-CARE 6-Week Model

Family Interaction Program

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MENTAL HEALTH

Providing hope to children and families.



Who should participate in PCIT or PC-CARE?

Caregivers who:

- Are interested in improving their relationship with their child and learning new caregiver skills.
- Have had their children in their custody for either a long OR relatively short time (i.e. foster care, adoption, relative placement, or recently reunified).
- Are willing to spend five minutes in play with their child daily or as often as possible.

Children who:

- Are between the ages of about 1 and 10 years old.
- May be disruptive, defiant, and/or aggressive at home and/or school.
- May have experienced a traumatic event that is impacting behaviors and/or relationships.
- May be adjusting to a change at home (i.e. foster care, parental separation or reunification, new sibling, etc.).

Which program is best for my family?

Both PCIT and PC-CARE are evidence-based, family therapy interventions that are equally effective at helping caregivers learn new skills to address behavioral and emotional needs of the child. PC-Care is a 6-week model, which may be more achievable and practical for some families. However, PCIT may be more appropriate for families who could benefit from a longer time in services, such as families who are working through deeper trauma issues or other complicating factors. One of our trained clinicians will meet with you to assess which program best meets your needs.

PC-CARE's 6-week Model

Week 1: Learn about PC-Care and how to use PRIDE skills.
Week 2: Ignore, Modeling, Redirect, & Calming
Week 3: Rules, Positive Incentives, & Choices
Week 4: Giving Effective Commands, & Removal of Privileges
Week 5: Re-Doing, Hand-Over-Hand, & Recover
Week 6: Putting it all Together!

Will my child still need therapy?

PCIT and PC-CARE are a type of therapeutic intervention that is used with the child and caregiver together. Individual therapy may be recommended in addition to PCIT/PC-CARE, depending on the child's needs (such as helping the child to develop skills to be able to self-regulate or express feelings). PCIT/PC-CARE may be recommended in addition to individual therapy or on its own. We also have trained Mental Health Case Managers who can provide additional support in the home to work with you on the skills learned in PCIT/PC-CARE. One of our clinicians will meet with you to determine what program(s) best meet your needs.

Is my family eligible?

We serve families whose children have Tulare County Medi-Cal. An assessment by our trained staff will determine if you family meets the requirements for participation. Services are available in English and Spanish at our offices in Tulare, Lindsay, and Porterville.

For questions or to schedule an appointment
CALL (559) 688-2043
Professional referrals can also be submitted online at www.hopehorizon.org.