

# PCIT

## Parent-Child Interaction Therapy



### What is PCIT?

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.



### Is my family eligible?

Most families in Tulare County are eligible to participate in PCIT. We accept children with Medi-Cal and can also provide services to families without insurance through our grant program. An assessment by our trained staff will determine if your family meets the requirements for participation. Services are available in English and Spanish at our Tulare office and satellite offices in Lindsay, Dinuba, and Porterville.

### Contact Us:

Delia Aguilar, LCSW - PCIT Lead Therapist and Trainer  
[daguilar@hopehorizon.org](mailto:daguilar@hopehorizon.org)

- Or - Submit a referral on our website  
[www.hopehorizon.org](http://www.hopehorizon.org)

#### Request a Presentation:

*We love to share about our program! Presentations to our community partners are available at no charge.*



# PC-CARE

A Brief Intervention for  
Caregivers & Children Together



## What is PC-CARE?

PC-CARE is a 6-week intervention designed to improve the quality of the caregiver-child relationship to teach caregivers skills to help them identify and build up their child's strengths and manage their child's challenging behaviors. In PC-CARE, providers teach and coach caregivers to increase their positive caregiving skills and to find the behavior management strategies that are most effective for their family.

## Who is PC-CARE for?

### *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.).

## 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!



For more Information, contact Delia Aguilar, LCSW  
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