

To learn more about MCCMH's PCIT, please call 855-99-MCCMH (855-996-2264).

For 24/7 support, call our Crisis Hotline at 586-307-9100.



Parent Child Interaction Therapy



Building stronger relationships

Parent-Child Interaction Therapy (PCIT) helps young children (ages 2 to 7) and their parents or caregivers build healthy relationships. PCIT uses play and simple behavior skills to teach families how to work together.

PCIT has two main goals:

- To strengthen connections between children and caregivers
- To support caregivers in learning positive ways to guide their child's behavior



MACOMB COUNTY
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.

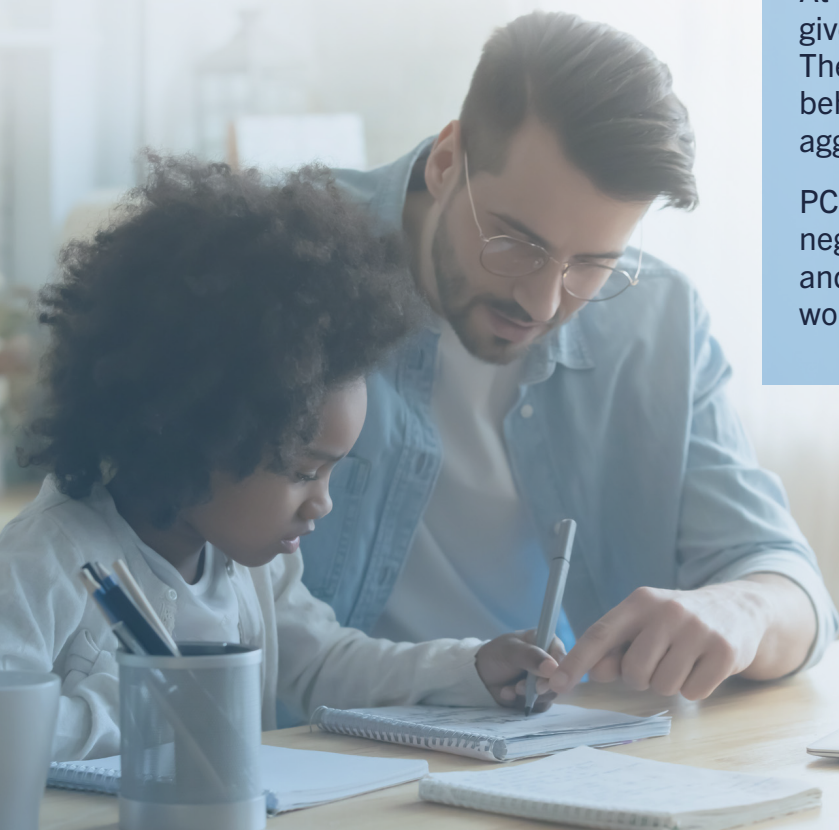
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During PCIT sessions, caregivers learn and practice ways to talk to and play with their child. These skills help children who have trouble with behavior, emotions, language, or development.

PCIT can support children who:

- Have frequent temper tantrums
- Get in trouble at school, preschool, or daycare
- Act out by hitting, yelling, or being aggressive
- Whine or interrupt to get attention
- Refuse to follow directions
- Break toys or other things at home
- Always want attention
- Are very active or have trouble sitting still
- Have a short attention span



Learning in steps

PCIT is taught in two parts:

1. Child-Directed Interaction (CDI)

In this phase, the caregiver follows the child's lead during play. This helps build a stronger bond. Caregivers practice "PRIDE" skills:

- **Praise** (say what the child is doing well)
- **Reflect** (repeat what the child says)
- **Imitate** (copy what the child is doing)
- **Describe** (talk about what the child is doing)
- **Enthusiasm** (show excitement and interest)

2. Parent-Directed Interaction (PDI)

At this stage, caregivers learn how to give clear directions and set limits. They practice ways to handle difficult behaviors, such as not listening, aggression, or breaking things.

PCIT teaches families how to change negative behaviors into positive ones and learn better ways to talk and work together.