

PCIT has been evaluated in hundreds of research studies from around the world and is shown to be effective for young children (ages 2.5 – 7) with disruptive behaviors.

Research has shown that PCIT is also effective for children who:

- Have difficulty separating from caregivers
- Refuse to talk in school and other public settings
- Are worried
- Have a diagnosis of autism
- Have difficulty regulating emotions
- Fall outside of the age range of 2.5 – 7

Call our Central Access to find out if your child would benefit from PCIT!



Parent-Child  
Interaction Therapy

**Empowering People.  
Strengthening Communities.  
Transforming the Future.**

Every day, the caring, highly trained staff of Wesley Family Services empowers children, adults and families to overcome challenges so that they can be part of a stronger community with a brighter future. When you or a loved one needs help, we'll be there.

*Empowering Lives,  
Transforming Futures™*

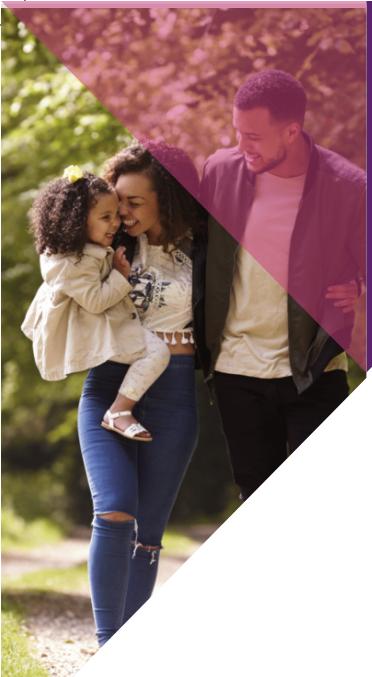
To get started, call  
**412-342-2270**

[www.wfspa.org](http://www.wfspa.org)



Helping parents to improve their child's behaviors and strengthen the relationship between parent and child

  
**Wesley Family Services®**  
*Empowering Lives,  
Transforming Futures™*



## If you are a caregiver of a young child who:

- Doesn't listen to adults
- Has temper tantrums
- Takes or breaks other's things
- Hits or kicks others
- Can't sit still
- Has difficulty playing alone
- Struggles with taking turns

## PCIT can help!

“ *I liked that there was a progression to how we learned and it was not overwhelming. At its root, it strengthened the relationship between my child and I. This program changed my family for the better.* ”

## What is PCIT?

During sessions, trained therapists will coach families through 2 phases of treatment from behind a one-way mirror using a bug-in-the-ear device. The entire program usually takes between 12 and 20 sessions to complete, but is not time limited.

### Phase 1: Relationship Enhancement

#### Goals:

- Increase warmth in the relationship
- Increase pro-social behaviors like sharing and taking turns
- Increase attention span

### Phase 2: Behavior Management

#### Goals:

- Help child accept limits
- Increase listening
- Develop good behaviors at home and in public

## Where to Go

We offer PCIT at locations throughout the Pittsburgh region, including:

Monroeville

Bridgeville

Wexford

For more information about where our offices are located, visit [www.wfspa.org/contact](http://www.wfspa.org/contact).

## Payment Options

PCIT is covered by most private insurances, medical assistance and CHIP. Families can also self-pay for sessions. For additional questions, call our Centralized Admissions department at (412) 342-2270.

