



# HOPE FOR HEALTHY FAMILIES PCIT SERVICES

## What is PCIT?

Parent child interactive therapy (PCIT) is an evidence-based treatment for children 2 to 7 years of age with emotional and behavioral disorders.

## What does PCIT help with?

PCIT has documented success across a wide variety of emotional and behavioral disorders.



For more  
information  
contact: (916)  
686-9209 or  
[info@hopeforhealthyfamilies.org](mailto:info@hopeforhealthyfamilies.org)

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PCIT is delivered in 2  
phases: the child  
directed phase and  
the parent-directed  
phase

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Goals include  
strengthening  
positive caregiver-  
child relationships &  
changing ineffective  
caregiver-child  
interaction patterns

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Helps with symptoms  
of ADHD, Anxiety,  
Trauma, Conduct  
Disorder, Bipolar  
Disorder,  
Oppositional Defiant  
Disorder & more

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