Parent-Child Interaction Therapy Works!

Parent-Child Interaction Therapy is supported by over 20 years of research and has been shown to provide positive benefits to parent-child interactions. Parents are provided with training in positive interactions with their child and are encouraged to practice learned skills with their child during sessions.

Some benefits associated with PCIT are reductions in parent distress and maternal depression, reductions in child behavior problems, more positive parenting attitudes, and an increase in child compliance to commands.

Research Information

The University of Miami Parent-Child Interaction Therapy (UM PCIT) program seeks to provide evidence-based parenting education services to families with children between the ages of 2 and 12 years old. The core components of UM PCIT are:

1. Child-centered and discipline focused program phases
2. Parents’ active practice of skills while coaching is provided by a trained PCIT therapist through a wireless earpiece
3. Ongoing assessment of reported and actual parenting and child behaviors

The University of Miami Parent-Child Interaction Therapy Program is funded by The Children’s Trust. The Trust is a dedicated source of revenue established by voter referendum to improve the lives of children and families in Miami-Dade County.

University of Miami Parent-Child Interaction Therapy Program esta financiado por El Fideicomiso de los Ninos (The Children's Trust). El Fideicomiso de los Ninos es una fuente de financiacion, creada por los votantes en referendum para mejorar las vidas de los ninos y las familias de el Condado de Miami-Dade.

University of Miami Parent-Child Interaction Therapy Program finanse pa “The Children’s Trust”. Trust la, ce yon sous lajan ke gouvenman amerikin vote an referandum pou ke’li investi bien nan pwogram kap ameliore la Vi Ti Moun ak fammi yo nan Miami-Dade.
How Does UM PCIT Program Work?

Parent-Child Interaction Therapy consists of about 12-14 sessions and focuses on two basic interactions:

Child Directed Interaction (CDI): Caregivers are taught the PRIDE skills: Praise, Reflection, Imitation, Description, Enthusiasm. Caregivers follow the child’s lead. They ignore annoying or obnoxious behavior and control dangerous behaviors.

Parent Directed Interaction (PDI): Caregivers learn to use effective commands and specific behavior management techniques as they play with their child. Caregivers are taught effective time out procedures and how to manage children’s behaviors at home and in real-world settings.

PCIT can be enjoyable for parents and children. Caregivers may see marked improvements within just 3-4 sessions.

The University of Miami
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- Child-Directed Interaction (CDI) focuses on teaching relationship enhancement skills and establishing daily positive parent-child interactions.
- Live coaching for parent-child sessions.
- Daily homework to practice CDI skills.
- Parent-Directed Interaction (PDI). PDI sessions focus on implementation of effective discipline, which includes a PDI instructional session followed by five to six coaching sessions.
- Duration of services will vary based on parents’ mastery of skills and ratings of parent stress/support and child behavior.