PCIT is a very effective treatment backed by over 30 years of research. Live coaching is a key ingredient of PCIT. Your PCIT Coach will observe and coach you while you are playing with your child. Caregivers and coaches work together to manage challenging child behaviors.

How Live Coaching Helps:
✓ PCIT skills are learned quickly by caregivers because they practice with their child with help from their coach.
✓ Coaches provide caring support as caregivers gain confidence and master their skills.
✓ Coaches provide live feedback about strategies to manage the child’s challenging behaviors.

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

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University of Miami Parent-Child Interaction Therapy Program
Learn to improve your child’s behavior and enjoy each other more!

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WHAT IS PCIT?

PCIT is a 12-18 session parenting program created for children and their families. PCIT teaches you to manage your child’s difficult behaviors, while having fun and improving your child’s good behaviors. PCIT also works to reduce your stress.

PCIT coaches and families meet once each week for a one-hour appointment. The length of treatment depends on how quickly you learn PCIT skills, and how quickly your child’s behavior gets better.

PCIT starts with you following your child’s lead during play. You will be taught how to praise, describe, reflect, and imitate your child’s behavior. These skills will help improve your relationship with your child and your child’s behavior.

Next, PCIT helps you learn to use commands that work with your child. It also helps you learn to use calm discipline that works. Your PCIT coach will help you learn how to manage your child’s behaviors in many different places. As a part of PCIT, we tailor services to meet the needs of your family.

TYPES OF PCIT PROVIDED

**PCIT:** live coaching of parent-child interactions in an office-based setting

**PCIT for children with Autism Spectrum Disorders:** live coaching of parent-child interactions specifically tailored for children with autism in a clinic-based setting.

**i-PCIT:** Therapists at the Mailman Center provide live coaching of parent-child interactions via secure video feed into the family’s home.

WHO IS PCIT FOR?

Children ages 2 to 7 who display any or all of the following:

- Parent-child relationship problems
- Refusing adult requests
- Easy loss of temper
- Annoying others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

RESEARCH INFORMATION

The PCIT program provides evidence-based parenting services to families with children between the ages of 2 and 7 years old. The core parts of PCIT are:

1. Child-centered and discipline-focused program phases.
2. Parents practice skills while coaching is provided by a PCIT therapist via a wireless earpiece.

WHO ARE APPROPRIATE CAREGIVERS FOR PCIT?

- Biological parents
- Foster parents
- Adoptive parents
- Legal guardians
- Grandparents
- Kinship caregivers

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