

Behavioral Health Resources for Schools

Evidence-Based Practice: Parent Child Interaction Therapy (PCIT)

Parent-child interaction therapy (PCIT) is a behavior-based, family-oriented therapy designed to help improve the parent-child relationship through interaction. PCIT facilitates the development of effective parenting techniques and reduces child behavior issues. The PCIT approach is often effective with children who are at risk, who have experienced abuse and/or who have conduct issues or other behavioral concerns.¹

There are two phases to Parent Child Interaction Therapy:²

➤ **Child Directed Interaction (CDI)**

- Parents learn how to strengthen their attachment to their child through being warm, responsive, and sensitive to their child's behavior.

➤ **Parent Directed Interaction (PDI)**

- Parents learn how to be strong authority figures with their child through giving directions in age-appropriate, positive ways; setting consistent limits; and learning how to appropriately implement consequences, such as time-out.

PCIT is a Medicaid covered service and is recognized by SAMHSA as an evidence-based practice. To learn more about PCIT visit:

<https://www.samhsa.gov/ebp-resource-center>



¹ Goodtherapy.org

² Evidence-based Practices Kit, Knowledge Informing Transformation, SAMHSA

The coalitions/organizations listed below support therapists that provide PCIT to parents and their children in their particular area. Some of these therapists do provide information (not training) to schools and others on how PCIT works or how other practitioners (e.g. educators) might use some parts of PCIT principles or techniques.

- **Dakota County (Dakota County Connections)***
712-222-6383
- **Dodge County(Fremont Family Coalition)***
402-721-4157
- **Platte-Colfax Counties (Zero2Eight)***
402-564-4497
- **Lincoln County (Families 1st Partnership) ***
308-520-3743
- **Madison County (Norfolk Family Coalition)***
402-540-2409
- **York County (York County Health Coalition)***
515-729-2130
- **Saline-Jefferson Counties (Rooted in Relationships)***
402-826-3880
- **Panhandle Partnership (Serving 10 counties)**
308-765-31366
- **Lincoln and Omaha area**
<https://pcit.lab.uiowa.edu/providers/parent-child-interaction-therapy-providers-nebraska>

*Supported by the **Nebraska Child Abuse Prevention Fund Board and Nebraska Children and Families Foundation.**



For resources visit PCIT International at:
<http://www.pcit.org/for-professionals.html>