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# Parent Child Interaction Therapy by Karen Crane

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## Parent Child Interaction Therapy - by Karen Crane, MA

Karen is employed with Bootheel Counseling and Family Medical Center.

Parent-Child Interaction Therapy (PCIT) is a short-term, specialized behavior management program for young children experiencing behavioral and/or emotional difficulties. PCIT works with the child and caregiver to improve overall behavior and to reduce parenting stress.

### PCIT Goals:

- Improve your parent/caregiver-child relationship
- Improve your child's minding and listening
- Increase your child's ability to manage frustration and anger
- Increase your child's appropriate social skills
- Improve your child's attention skills
- Build your child's self-esteem

Deciding if PCIT is right for you and your child...

PCIT is designed for young children between the ages of 2 and 7 years.

PCIT has been successful with

- children with oppositional/defiant problems or aggressive behaviors
- children with Attention Deficit Hyperactivity Disorder (ADHD)
- children experiencing adjustment problems
- children impacted by substance abuse or parental abuse/neglect
- children in foster care placement, adopted or recently reunited with their

parents

## Benefits of PCIT

Children with challenging behaviors often have difficulty in home, childcare, school, and public settings. Stress levels are high for the parents/caregivers and also between them and their children. Unfortunately, children rarely outgrow many of these difficult behaviors. Should their behaviors continue or increase, they are likely to interfere with the children's learning abilities and development of appropriate social skills. The overall effectiveness of PCIT has been well-established through scientific research. Positive changes in the children's behaviors have been seen in home, school, and childcare settings. These changes have even been noted in siblings of children participating in PCIT. At the completion of PCIT, parents/caregivers generally report a high level of satisfaction, improved mood, and decreased stress levels.

PCIT usually requires a 12-16 week commitment by the parent/caregiver and child with one session per week. If you have any questions or you are interested in PCIT call Bootheel Counseling and Family Medical Center at (573) 471-0800 or (573) 568-2260.

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