



Catholic Community Services

Community Counseling Center

**3745 Portland Road NE Suite 120
Salem, Oregon 97301**

(503) 390-2600 Option 3 | ccc@ccswv.org

Open Monday - Friday, 8:00am-6:00pm
*Flexible appointment times are available during
day and evening hours*

*Empowering families to build on individual and collective
strengths to attain their goals through research-based
relational, solution-oriented and collaborative therapy*

In 1959, Catholic Community Services opened the Community Counseling Center (CCC), the first outpatient community mental health clinic in the Mid-Willamette Valley. We serve our community's vulnerable children, youth, adults and families suffering from mental health issues.

At CCC, we encourage the involvement of parents and significant others in one's life whenever possible and involve families in treatment plan development. It is our goal to build on each family's unique strengths to help them raise healthy, empowered children who live self-determined and self-fulfilling lives.



Parent-Child Interaction Therapy (PCIT)

PCIT is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. PCIT teaches caregivers to manage their child's difficult behaviors, while increasing their positive behaviors. PCIT works with the child and caregiver together to improve behavior and reduce parenting stress.

Is PCIT right for your family?

- Do you have a 2 ½ to 6-year-old child with challenging behaviors?
- Do you worry about how to manage your child's difficult behaviors?

If **yes**, PCIT might be right for your family. Contact us for more information or to schedule an appointment. We are looking forward to working with you!



Parent-Child Interaction Therapy (PCIT)

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What is PCIT?

PCIT consists of weekly sessions conducted in two treatment phases:

1. Child-Directed Interaction (CDI)

Caregivers are taught the **PRIDE** skills, which promote positive child behaviors:

Praise
Reflect
Imitate
Describe
Enjoy

2. Parent-Directed Interaction (PDI)

Caregivers learn to use effective commands and discipline procedures. PCIT therapists help caregivers manage their child's behaviors in many settings.



How Does PCIT Work?

PCIT is an exceptionally effective treatment backed by over 30 years of research. Live coaching is a hallmark of PCIT. Therapists observe the caregiver and child together, then provides coaching on the PCIT skills. Caregivers and therapists work together to manage challenging child behaviors.

Advantages of Live Coaching

- Skills are acquired rapidly by caregivers, as they practice in the moment with therapist support.
- Therapists provide caring support as caregivers gain confidence and master their skills.
- Therapists provide immediate feedback about strategies to manage the child's challenging behaviors.

Who is PCIT for?

Children ages 2½ to 6 who display any or all of the following:

- Parent-child relational problems
- Refusal and defiance of adult requests
- Easy loss of temper
- Purposeful annoyance of others
- Destruction of property
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns

Who are appropriate caregivers for PCIT?

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

If you want to see a counselor at the Community Counseling Center, to find out if you are eligible or if your insurance will pay, call **(503) 390-2600**.