

Is PCIT right for you?

*Tired of getting phone calls from school
about your child's behavior?*

*Is your child destructive?
For example, does s/he break things on purpose?*

Feeling overwhelmed by your child's tantrums?

Embarrassed by your child's behavior when out in public?



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PARENT - CHILD INTERACTION THERAPY

NOW ACCEPTING APPLICATIONS FOR PRESCHOOL AGE CHILDREN

*Learn effective behavior management skills to improve parent-child
relationship and child behavior.*

LIVE COACHING

Live coaching is the primary method of caregiver training in PCIT. Caregivers are coached specific play therapy and discipline skills by Dr. Shey through an earpiece in session. Caregivers are supported and become confident and proficient in skills with their child.

OUTCOMES

At the completion of the program, parents report:

- decreased tantrums and destructive behavior
- Decreased attention-seeking behavior
- Decreased defiance
- Decreased parental frustration
- Increased attention span
- Increased pro-social behavior
- Increased caregiver confidence & calmness

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Who is PCIT for?

Parent Child Interaction therapy is most effective for younger children who have experienced stress or trauma between the ages of 2 and 7 with the following behaviors:

- Refuse / defy adult requests
- Lose temper easily
- Annoy others on purpose
- Destroy things
- Fights / hurts others
- Difficulty playing quietly
- Difficulty staying seated

Who can participate?



Parents

Foster Parents

Adoptive Parents

Legal Guardians

Residential Caregiver Staff

How Does PCIT work?



Live coaching is the primary method of caregiver training in PCIT. Caregivers are coached in specific play therapy and discipline skills by the therapist through an earpiece while the therapist observes the caregiver and child. Dr. Shey supports parents as they learn the PRIDE skills. Caretakers quickly become confident and proficient in skills with the child. Dr. Shey provides immediate feedback to caregivers.

What is PCIT?

Parent-Child Interaction Therapy is a research-based program that consists of about 14 programs and focuses on two basic interactions:

- Child Directed Interaction (CDI): Caregivers are taught PRIDE skills. Praise, Reflect, Imitate, Describe, Enthusiasm. Caregivers follow the child's lead. They ignore anxious or obnoxious behavior and control dangerous behaviors.
- Parent Directed Interactions (PDI): Caregivers learn to use effective commands and specific behavior management techniques as they play with their child. Caregivers are taught effective discipline strategies, procedures and how to manage children's behaviors in real-world settings.

PCIT works!

At the completion of the program, caretakers reported:

- Decreased frequency, severity, and/or duration of tantrums and destructive behavior
- Decreased activity levels
- Decreased negative attention-seeking behaviors (such as whining and bossiness)
- Decreased parental frustration
- Increased feelings of security, safety, and attachment to the primary caregiver
- Increased attention span, compliance, respect esteem
- Increased pro-social behaviors (such as sharing and taking turns)
- Decreased frequency, severity, and/or duration of aggressive behavior and defiance
- Increased caregiver confidence & calmness