

For More Information

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PARENT-CHILD INTERACTION THERAPY

AT
LAKE COUNTRY
ASSOCIATES



PARENT-CHILD INTERACTION THERAPY



Parent-Child Interaction Therapy (PCIT) is an innovative, evidence-based program housed within Lake Country Associates in Bemidji, MN. The program is

designed to help families with children 2 to 7 years old who exhibit behavior problems that are beyond what is considered normal for their developmental age. PCIT can help children with behavior problems, attention problems, and attachment problems. These children are often described as defiant, un-controllable, overactive, attention-seeking, and/or extremely impulsive.

PCIT teaches parents how to improve discipline techniques and at the same time enhance the quality of the parent-child relationship. The program is part of a long-term research project dedicated to developing effective treatments for children and families.

PROGRAM FORMAT

The goals of the PCIT program are accomplished in three phases through the use of observational equipment. Parents are coached by their therapist to learn and practice new skills while interacting with their children in a controlled clinic setting. The program is administered in both group and individual formats. Families participate in weekly sessions for approximately 15 weeks.

PCIT INCLUDES:

1. INTAKE

- Evaluation of the problem
- Observation of parents and child at play
- Program overview

2. CHILD-DIRECTED INTERACTION

- Teaches parents play skills that will increase appropriate child behaviors
- Strengthens the parent-child relationship
- Supports the use of play skills in the home environment

3. PARENT-DIRECTED

INTERACTION

- Introduces discipline gradually after the parent-child relationship has been enhanced
- Emphasizes consistency, predictability, and follow-through
- Teaches positive discipline approaches
- Supports the use of positive discipline techniques at home

4. COMPLETION

- Continues parental support through periodic follow-up
- Consultations with day care and school professionals

REFERRALS

Referrals for services are accepted from parents, teachers, day care providers, health care providers, social service workers, and all other child service professionals.
