



## Contact Us

For more information or to schedule an appointment, call:

CREOKS Health Services - Bartlesville  
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CREOKS Health Services - Catoosa  
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CREOKS Health Services - Okemah  
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CREOKS Health Services - Okmulgee  
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CREOKS Health Services - Sapulpa  
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CREOKS Health Services - Tulsa  
(918) 382-7300



CREOKS Health Services is an established, non-profit organization providing comprehensive health, wellness and social services. Our behavioral health division has been serving communities in Oklahoma since 1980. Our reputation has allowed us to work with local agencies, schools, and civic organizations to help individuals and families.

Our organization offers a wide-range of services in our clinics and through home or school-based programs. We help individuals needing brief counseling, substance abuse treatment or those struggling with behavioral issues.



Our professional staff is committed to the individual and strives to provide compassion and respect to our clients and their families. Taking time to listen and properly assess client needs enables CREOKS to provide workable and successful solutions.

CREOKS is certified, and partially funded by the Oklahoma Department of Mental Health and Substance Abuse Services and is accredited by CARF International.



## Parent-Child Interaction Therapy



CREOKS Health Services promotes and improves the lives of the individuals and families we serve through our commitment to provide comprehensive health, wellness and social services.

## Parent-Child Interaction Therapy (PCIT)

PCIT is a proven treatment for young children with behavioral and emotional difficulties that places emphasis on improving the quality of the parent-child relationship and altering parent-child interaction patterns.



PCIT is a short-term, specialized behavior management program designed to promote positive parent-child relationships. It teaches parents and children new and appropriate ways to

interact, as well as improve overall behavior and reduce parenting stress.

### Determining if PCIT is Right for You and Your Child

This program was created and has been effective for children between 2 and 6 years of age. Children who can benefit from PCIT may struggle with or have experienced:

- Oppositional behaviors
- Defiance problems
- Aggression tendencies
- Acting out or disruptive behaviors
- Attention Deficit Hyperactivity Disorder (ADHD)
- Adjustment issues
- The affects of substance abuse
- Parental/Caregiver abuse or neglect
- Being in foster care, adopted or recently reunited with their parents
- Medications that manage their behavior problems
- and more

## PCIT Phases and Duration

There are two distinct phases of PCIT, Children Directed Interaction and Parent Directed Interaction. Each phase will typically take between 5 or 6 sessions to complete, but is dependent on child and caregiver attendance of the sessions, as well as a commitment to practice the learned skills at home.

### Child Directed Interaction (CDI)

During the CDI phase, PCIT helps to create and strengthen the parent-child relationship. Parents and caregivers are instructed on how to best praise good behaviors while interacting positively.

### Parent Directed Interaction (PDI)

Instructional coaching during the PDI phase helps parents to learn effective child-management skills used to influence their child's behaviors. Parents learn to use clear and direct communication, while enforcing consistent consequences, all of which increases the child's social skills and cooperation.



## PCIT Goals

- Improve you parent/caregiver-child relationships
- Improve your child's cooperation
- Increase your child's abilities to manage frustration and anger
- Increase your child's appropriate social skills
- Improve your child's attention skills
- Build your child's self-esteem
- Enhance your parenting skills
- Decrease caregiver's stress.



## Benefits of PCIT

PCIT provides parents and caregivers with positive interventions to help correct a child's undesired behavior, such as anger, aggression, destructiveness, defiance, all within the guise of play.

With repetition and consistency, the scientifically backed methods enable parents and caregivers to build positive relationships with the child. The productive changes in the child's behavior are 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 and caregivers generally report high level of satisfaction, improved mood, and decreased stress levels.