

MEET OUR PCIT PROVIDERS



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PCIT Manager



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Certified PCIT Therapist



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*Licensed Psychologist,
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* Conducts studies about implementation of PCIT in
community settings.

CONTACT US TODAY
TO MAKE A REFERRAL
OR TO SEE IF PCIT
IS THE RIGHT FIT
FOR YOUR FAMILY!

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PCIT Manager

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PARENT-CHILD INTERACTION THERAPY (PCIT)



Friendship
House

www.friendshiphousepa.org

PARENT-CHILD INTERACTION THERAPY

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

PCIT consists of weekly sessions conducted in 2 treatment phases: Child-Directed Interaction and Parent-Directed Interaction. Parent(s)/caregiver(s) are given specific skills to work on at home throughout the week.

WHO IS SERVED BY PCIT?

Children ages 2 ½ to 7 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
- Difficulty staying seated
- Hyperactivity
- Lack of play skills and/or social skills
- Aggression towards others

HOW PCIT WORKS

PCIT is an exceptionally effective treatment backed by over 50 years of research. Live coaching is a hallmark of PCIT. The therapist observes 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 parent(s)/caregiver(s), as they practice in the moment with therapist support.
- Use of a two way mirror allows the therapist to observe child and parent/caregiver interactions without physically being in the room. This process provides caring support as parent(s)/caregiver(s) gain confidence and master their skills.
- Therapists provide immediate feedback about strategies to manage the child's challenging behaviors.

WHAT OUR FAMILIES SAY

“ We gained so much insight on how to make better decisions for our son. We learned different techniques to help manage his behavior and help us handle the situation better. ”

“ Through structured play techniques, I felt empowered to provide my child with the love and attention that he was craving and in turn teach him how to appropriately respond to and respect others. ”

PCIT has been used with children who display symptoms or a diagnosis of ADHD, Oppositional Defiant Disorder, Autism Spectrum Disorder, anxiety disorders, and trauma & stressor related disorders. PCIT also works with young toddlers.