

GETTING STARTED

For more
information or to
schedule an intake
for P.C.I.T. call:
(561) 233-4460

or email:
YSD-EdCenter
Appt@pbc.gov

To learn more
please visit:
**pbc.gov/
YouthServices/
EducationCenter**



Scan to schedule appointment



Palm Beach County
Board of County Commissioners

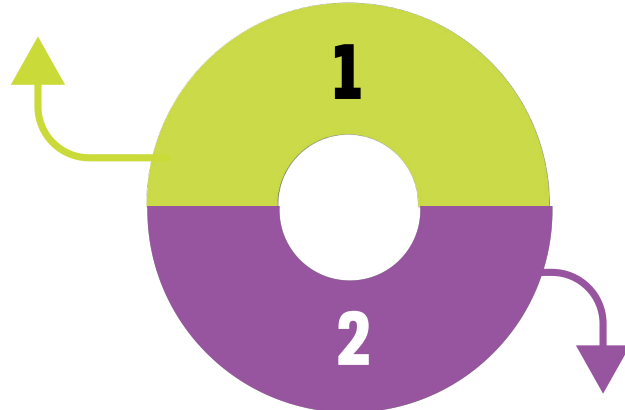


GENERAL INFORMATION ON FREE P.C.I.T.

- Evidence-based behavioral parent training therapy
- Teaches parents skills to enhance their relationship with their child
- Helps parents manage their child's difficult behaviors

TREATMENT IS DIVIDED INTO TWO PHASES

Phase 1: Parents learn and apply skills to improve their child's positive behaviors and strengthen their relationship.



Phase 2: Parents learn to use effective discipline techniques to manage their child's behavior problems and increase compliance with commands.

WHAT TO EXPECT DURING YOUR P.C.I.T. EXPERIENCE

- The length of treatment is typically 12-18 sessions, but also depends on how quickly the family learns P.C.I.T. skills and how quickly their child's behavior improves.
- P.C.I.T. is offered in-office and through telehealth.
- Families work with a therapist who serves as their coach for about one hour each week.
- Using earbuds and video, parents are coached while playing with their children.