



WHO WE ARE?

San Diego Center for Children (SDCC) has cared for children and strengthened families since its establishment in 1887 and is one of San Diego's most trusted resources and comprehensive behavioral health programs for children struggling with mental, emotional, and/or behavioral disorders and their families. SDCC serves at-risk and underserved populations and promotes long-term individual success by supporting families and youth with mental, behavioral, and emotional challenges.

TARGET POPULATION

The program serves children between ages 2 to 7.

WHERE IS FFT PROVIDED

PCIT is primarily provided in the following zip codes: 91942, 91945, 91950, 91977, 91978, 92019, 92020, 92021, 92040, 92064, 92065, 92071, 92102, 92104, 92105, 92108, 92109, 92110, 92114, 92115, 92118, 92119, 92120, 92122, 92126, 92127, 92139, 92154, 92158

CALL US FOR MORE INFO



619-668-6200

PARENT-CHILD INTERACTION THERAPY

PCIT is a specialized, evidence-based treatment program designed for caregivers and their young children (2 to 7 years of age) who are experiencing behavioral and/or emotional difficulties. Parents or caregivers receive live coaching by a trained therapist in behavior-management and relationship skills aimed at decreasing externalized child behavior problems, increasing positive parenting and discipline skills, and enhancing the quality of the parent-child relationship with positive attention alone.

PROGRAM DELIVERY

Therapists meet weekly with families face-to-face for 60 minutes. Most families complete the PCIT program in an average of 12 to 20 sessions. Therapists use "bug-in-ear" technology to provide live coaching to parents or caregivers from behind a one-way mirror.



www.centerforchildren.org