

# Grow Nurturing Families (PCIT)

## Parent Child Interaction Therapy



[TFI Family Service's](#) new program, Grow Nurturing Families, utilizes an evidence-based Parent Child Interaction Therapy (PCIT) model. The goal of Grow Nurturing Families is to increase child social skills and cooperation, and improve the parent-child attachment relationship. PCIT teaches parents traditional play-therapy skills to use as social reinforcers of positive child behavior and traditional behavior management skills to decrease negative child behavior. Grow Nurturing Families is being offered through a [Family First Prevention Services Act \(FFPSA\)](#) grant. Grow Nurturing Families is premised on the belief that all families have value and children belong with their parents.

- PCIT is a dyadic behavioral intervention for children (ages 2 – 7 years) and their parents or caregivers but TFI may serve children up to the age of 12.
- Grow Nurturing Families will be delivered partially in-home and may include additional supportive services to help reduce barriers.
- Grow Nurturing Families will be offered in 22 different counties across the state of Kansas.

Parent Child Interaction Therapy (PCIT) is an evidenced based treatment for families with young children. **PCIT uses live coaching between the therapist and the caregiver to provide immediate, positive feedback on the parent's skills.** PCIT is delivered in two phases: Child Directed Interaction (CDI) and Parent Directed Interaction (PDI). CDI focuses on strengthening the positive parent child relationship, while PDI focuses on changing ineffective parent child interaction patterns.

**Benefits:** PCIT increases child social skills, cooperation within the home, improves the parent-child attachment and teaches positives parenting skills all through play!

**Sessions:** Therapy sessions are one hour per week with families also engaging in play with their child five minutes a day. Services last 14 to 20 weeks. Support workers will also engage with families once per week.

**Families:** Families who best fit with PCIT services have at least one child between 2 and 11 years of age, that may have a variety of emotional and behavioral issues, including:

- Physical and Verbal Aggression
- Hyperactivity/Inattention
- Destruction of Property
- Emotional Dysregulation
- Non-Compliance/Defiance
- Difficulties with attachment

**Contacts:**

Questions? Please contact Director of Grow Nurturing Families, Shannon Horton.

Director

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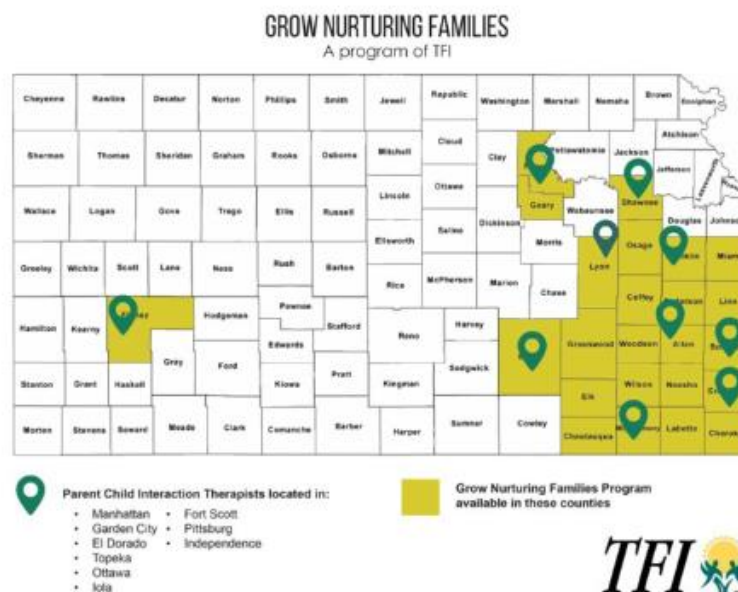
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