



Overview of Different Types of Parent Support for Behavioral Change in Younger Children

Parent-Child Interaction Therapy (PCIT)

- During PCIT, parents/guardians learn strategies that will enhance the parent-child relationship and promote positive behaviors in children from a PCIT coach.
 - Sessions consist of the parent/guardian interacting with the child while wearing an earpiece and receiving real-time coaching.
 - The PCIT curriculum uses a two-phase approach: child-directed interaction, which focuses on relationship enhancement, and parent-directed interaction, which focuses on effective discipline techniques.
 - PCIT is typically provided in 10-20 weekly sessions.
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- **Appropriate age:** 2-7 years
 - **Typical diagnoses:** disruptive behavior

Play Therapy

- During play therapy sessions, a trained therapist uses playtime to observe and gain insights into a child's emotions and deal with unresolved trauma. The goal of play therapy is for the child to learn new coping mechanisms and how to redirect inappropriate behavior
 - Although this is not evidence-based, play therapy may be helpful in establishing trusting relationships with therapists
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- **Appropriate age:** 2-7 years

Interpersonal Therapy (DBT)

- Behavior Management Training helps parents/caregivers learn skills and strategies to help their child with ADHD succeed at school, at home, and in relationships. BMT can improve a child's behavior, self-control, and self-esteem by training parents/caregivers in positive communication, positive reinforcement, and structure and discipline.
 - Sessions may involve working with groups of parents or with one family alone. Parents/caregivers typically practice with their child between sessions.
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- **Appropriate age:** 4-12 years
 - **Typical diagnoses:** Attention-deficit Hyperactivity Disorder (ADHD)
 - **Additional resource:** <https://www.cdc.gov/ncbddd/adhd/documents/adhd-behavior-therapy-overview-all-ages>.

Incredible Years Parenting Support

- Evidence-based parenting program based on research by Carolyn Webster-Stratton, PhD
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- **Additional information:** <https://incredibleyears.com>