
Psychological Services Center (PSC)



The PSC is a training clinic for the doctoral program in Clinical Psychology at the University at Buffalo. We are committed to training that emphasizes the use of the most innovative and effective treatments.

Other Services Offered:

- Psychological assessment
- Individual therapy
- Couples therapy
- Group therapy
- Child & family services
- Smoking cessation

How do I get to the PSC?

The PSC is located at **168 Park Hall**, on the University at Buffalo's North Campus.



Directions from I-90

- Merge onto I-290 West via Exit 50 toward Niagara Falls
- Take Exit 5B for Millersport Hwy North (Rt. 263 N)
- Merge onto NY-263 (Millersport Hwy)
- Go straight through first traffic light and proceed over the bridge
- Take first exit on Right to Flint Rd.
- Turn Right onto Flint, Park Lot will be on your right

Contact Information:

Phone: (716) 645-3697

Fax: (716) 645-6186

Email: ub.psychservices@gmail.com

Website: <https://arts-sciences.buffalo.edu/psychology/about/psychological-services.html>



Parent-Child Interaction Therapy (PCIT)

Improving relationships between parents and children

Telehealth Available!

Psychological Services Center
University at Buffalo
168 Park Hall



University at Buffalo
The State University of New York

What is PCIT?

Parent-Child Interaction Therapy (PCIT) is a short-term, evidence-based treatment for young children with challenging and disruptive behaviors.

PCIT has two main goals:

- Enhance positive, warm parent-child relationships.
- Promote effective, consistent discipline to manage problematic behaviors.

To accomplish these goals, **PCIT** includes two treatment phases across 12 to 16 weekly sessions:

1. *Child Directed Interaction*

- Strengthens parent-child relationship
- Child-centered play
- Increases children's pro-social behaviors

2. *Parent Directed Interaction*

- Teaches parents how to use effective discipline strategies
- Teaches children to follow directions

Parents report positive changes after just 3 to 4 sessions!

Caregivers are the key to success!



What are the benefits?

PCIT has been shown in numerous research studies to improve challenging child behaviors that often strain the parent-child relationship.

Positive changes reported include:

- ✓ Better communication
- ✓ More pro-social child behaviors
- ✓ Increased warmth in the relationship
- ✓ Better listening and child compliance with parental directions

Who is PCIT for?

Caregivers of young children **ages 2 ½ to 7** who have any of the following behaviors:

- ❖ *Can't sit still*
- ❖ *Doesn't listen to adults*
- ❖ *Frequent temper tantrums*
- ❖ *Teases or annoys others*
- ❖ *Hits or kicks others*

How does PCIT work?

- ❖ Parents and children play **together**.
- ❖ Parents **learn by doing**. Parents receive feedback from their PCIT coach, with real-time support for challenging behaviors.
- ❖ **Improvements generalize**. Parents learn to use new skills across home, school, and childcare settings.

How much does PCIT cost?

Our fees are based on a **sliding scale**. While we do not accept insurance, the fees charged are often the same as, or less than, the cost of the co-pay for mental health treatment required by many insurances.