

Parent-Child Interaction Therapies for Preschoolers		
Therapy	Targets	Outcomes
Parent child interaction therapy (PCIT)	<ul style="list-style-type: none"> <li>• Enhances the parent-child relationship</li> <li>• Helps parents use positive reinforcement instead of harsh punishment</li> <li>• Teaches parents firm, non-punitive discipline skills</li> </ul>	Decreases disruptive behavior problems in young children (Thomas R et al, <i>Pediatrics</i> 2017;140(3):e20170352)
PCIT for callous unemotional (CU) traits	<ul style="list-style-type: none"> <li>• Teaches recognition and understanding of emotions</li> <li>• Teaches prosocial and empathic behaviors</li> <li>• Increases frustration tolerance to decrease aggressive behavior</li> </ul>	Reduces children's CU (Kimonis VE et al, <i>Genes (Basel)</i> 2019;10(11):898)
PCIT for emotional development	<ul style="list-style-type: none"> <li>• Teaches recognition and understanding of emotions</li> <li>• Teaches prosocial and empathic behaviors</li> <li>• Increases parental warmth</li> <li>• Increases positive affect in children and the parent-child dyad</li> </ul>	Decreases CU traits in children of preschool age (Donohue MR et al, <i>J Am Acad Child Adolesc Psychiatry</i> 2021;60(11):1394-1403)

From the Expert Q&A:  
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 by **Meghan Rose Donohue, PhD**  
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