Meet the therapist!

Dr. Abby Pruitt is a postdoctoral fellow at Pathways with a PhD in School Psychology. She specializes in working with young children and families, especially those who are experiencing difficulty with their child's behavior at home. Dr. Abby strives to help families experience warmth and joy in their relationships again while increasing a child's desire to follow parent directives.

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Parent-Child Interaction Therapy (PCIT)

For families with kids aged 2 to 7 who show behavioral challenges

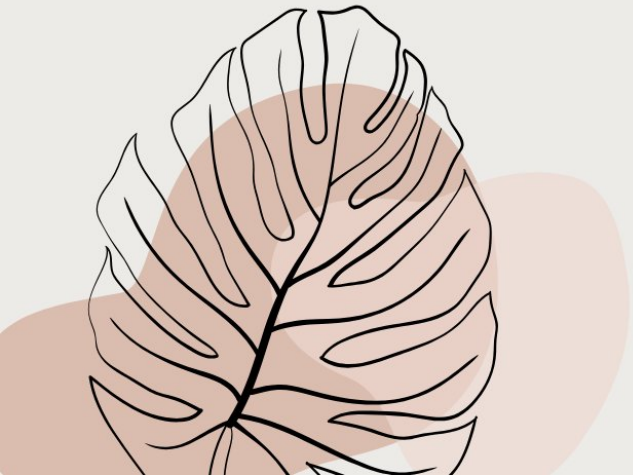
What is PCIT?

Mastery-based Program

Parent-Child Interaction Therapy is an evidence-based therapy program with over 40 years of research. Caregivers are coached during play with their child to use specific skills that enhance the parent/child relationship and decrease negative behaviors. Parents “graduate” from PCIT when they are consistently demonstrating mastery of the play skills.

Virtual Format

PCIT is offered in a virtual format to coach caregivers on how to interact with their children during play in their own home. This allows for more natural play and better application of PCIT skills in the family’s real-life environment.



Who is PCIT for?

1. Families with children aged 2 to 7
2. Children showing: Defiance, aggression, refusal, stalling, tantrums, attention problems, and more
3. Effective for kids with: ADHD, ODD, Attachment issues, trauma
4. Families who are ready to see behavior improvement by completing daily 5-minute play sessions

Where can I learn more?

https://www.parentchildinteractiontherapy.com/

https://www.pcit.org/

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Most insurance providers reimburse for services. Pathways Psychology also provides a reduced fee rate.