

# PARENT CHILD INTERACTION THERAPY (PCI)

## WHAT IS IT?

Parent Child Interaction Therapy (PCI) is a block of sessions for parents/carers of children ages 3-7 years old, This approach helps parents identify what they are already doing that supports their child's speech. It aims to increase parent's confidence and skills in managing their child's stammering. Sessions are play based and incorporate video feedback and discussions to help parents support their child's stammer.

Parents do not cause stammering in their child but there is a lot parents can do to support their child stammering with ease. PCI is based on evidence that changes to parental interaction can support their child's stammer.

## WHAT DOES IT INVOLVE?

There are five sessions in this programme and a review appointment. It is important that both parents attend as many of the sessions as possible.

### SESSIONS 1-3

During the first three sessions the Speech and Language Therapist will:

- Talk to both parents about all aspects of their child's development (this is a parent only session).
- Chat with your child about how they are getting on in school, about their family and about how they are getting on with their talking.
- Assess your child's language and their stammering.
- Video record you and your child playing together.

This comprehensive assessment enables the therapist to develop an individualised treatment programme using the specific information gained about the child's abilities and vulnerabilities within the family context.

### SESSIONS 4-5

The fourth session is a parent only session, the Speech and Language Therapist and you will watch the video together and you will create joint interaction targets. Your Speech Therapist will support you as parents in implementing strategies to support your child's speech. In between sessions you will have a five minute 'Special Time' with your child at home three to five times during the week to practice these strategies.

### REVIEW

The PCI block is followed by a four week home consolidation period where parents continue to do Special Time with their child using the strategies which support their speech. Following this there will be a review appointment to monitor the progress.

## WHAT ARE THE POSSIBLE OUTCOMES?

There is no cure for stammering. Some children will spontaneously stop stammering, while for others strategies are established to support the child stammering with ease and to minimise the impact of stammering on both the child and the family.



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