

Specialized Behavioral Help

Do you have a child with more than average **temper tantrums, behavior problems, or anxiety?**

- Have the “terrible twos” never gone away, or gotten worse since 2 ½ years-old?
- Is your child extremely strong willed and not responding to typical parenting approaches?
- Do you dread daycare drop offs because your child is so anxious, fearful, and clingy?
- Or is your child frequently getting in trouble at daycare, preschool, or school?
- Does your child react with defiance and/or aggression to adult requests?
- Is it often difficult to get your child to listen to and follow directions?
- Does your child have challenging behaviors related to ADHD?

Is your child suddenly having behavior problems as they **struggle to adjust** after:

- A parent’s divorce / separation / remarriage / deployment / a death in the family?
- Foster care placement or adoption?
- The birth of a new sibling?
- A big move?
- A trauma?

Do you worry about:

- How to manage your child’s defiant or anxious behaviors?
- What your child’s behavior will be like as a teen if their behavior is *this* difficult, now?

If you identify with any of the above questions and your child is age 2 through 8-years-old, shout out for taking time to learn more about a highly effective, short term therapy program!

What is Parent Child Interaction Therapy (PCIT)?

PCIT providers teach caregivers professional therapy skills to increase children’s positive behaviors and manage children’s difficult behaviors. Caregivers are coached in these therapy skills real time with their child in their home via webcam and an earpiece in weekly sessions, until the specialized therapy skills come easily and the child’s behavior improves. The process works just as well telehealth as in person. Most children graduate from the PCIT program with improved behavior within only 12 to 24 visits. An adaptation of the program (PCIT-CALM) is offered for highly anxious children.

Let’s Make it Happen!

At eCounseling Connection, our goal is to make specialized support and behavioral health more accessible to families. Daytime, early evening, and some Saturday appointments are available until full. eCounseling Connection is in network with *Aetna, Cigna, BlueCross BlueShield, United Healthcare, United Behavioral Health, and Optum*. We offer a sliding scale to families out-of-network or uninsured.

Please Reach Out for Additional Information or Scheduling!

Website: eCounselingConnection.com

Phone: Eastern TN Office: 615-237-8859, Western/Mid TN Office: 615-640-0333

Provider Referrals can be faxed to 615-645-4774