

Specialized Behavioral Help

Does your child have more than average **temper tantrums, behavior problems, or anxiety?**

- Does your child react with defiance and/or aggression when given directions?
- Have the “terrible twos” never gone away, or gotten worse since 2 ½ years-old?
- Is your child frequently getting in trouble at daycare, preschool, or school?
- Does your child engage in cruel or vindictive behaviors?
- Does your child have challenging behaviors possibly related to ADHD or level 1 or 2 Autism?
- Is your child fearless, strong willed, and not responding to typical parenting approaches?
- Or do you dread daycare drop off or bedtime because your child is so anxious, fearful, & clingy?

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

- A parent’s separation/ divorce/ remarriage / deployment / a big move / or a new sibling
- Adoption / Trauma / or a death in the family

Do you worry about:

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

If you identify with any of the above questions and your child is **age 2, 3, 4, 5, or 6-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 specialized therapy skills to increase children’s positive behaviors and manage children’s difficult behaviors. We coach caregivers in these therapy skills real time in their home via webcam and a bluetooth earbud 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! An adaptation of the program (PCIT-CALM) helps highly anxious children.

Let’s Make it Happen!

Research shows help for behavior problems and anxiety during the early years is often faster, cheaper, and more effective compared to waiting for those behavior patterns to get more ingrained. Our goal is to make specialized support and behavioral health more accessible to families early on. Daytime, early evening, and Saturday appointments are available until full. **eCounseling Connection is in network with Aetna, Cigna, BlueCross BlueShield, United Healthcare PPO, and Optum plans.** We also offer a sliding scale to families out-of-network* or uninsured.

Please Reach Out for Additional Information or Scheduling

eCounselingConnection.com

Our PCIT therapists can be reached directly by phone at 615-237-8859 and 615-640-0333

Referrals can be faxed to 615-645-4774

*Tennesseans with TennCare, Bluecare, Wellpoint, Amerigroup, or United Healthcare Community plans may self-refer their child for PCIT therapy using their insurance at Omni with the following link:
<https://theomnifamily.com/outpatient-referral-form/>