

SELECTING THE APPROPRIATE THERAPY FOR YOUR CHILD'S SYMPTOMS



A positive treatment outcome is impacted by good family support. Parents are always included in our initial consultations and they are an integral part of a child or teen's treatment. We recognize how important it is to teach parents and often the entire family the best ways to respond to your child or teen during their times of need.

SPACE: SUPPORTIVE PARENTING FOR ANXIOUS CHILDHOOD EMOTIONS

Help your anxious child thrive with SPACE: a parent-focused approach to reducing childhood anxiety. SPACE is designed for parents—giving you the tools to support your child's anxiety in a way that fosters resilience and independence. SPACE can be effective for children, teens, and even adult children who are failing to thrive.

PCIT: PARENT-CHILD INTERACTION THERAPY

PCIT is a short-term, evidence-based therapy for young children (ages 2-7) with disruptive behaviors. In PCIT, parents are taught skills to support their child during live coaching sessions with a Ross Center PCIT-trained child therapist via telehealth so the parent/child interaction is observed directly in the child's home.

PARENT COACHING

Parenting a child who struggles can be painful. Parent consultations provide guidance on effectively managing challenging situations, helping to reduce problematic behaviors in your child while enhancing your ability to respond calmly and appropriately. These sessions are tailored to provide parenting strategies that are customized for your child's unique needs and research strongly supports that working with parents can significantly improve a child's functioning.

CHILD THERAPY

Age-appropriate, evidence-based treatment for children. We teach behavioral strategies and coping skills that reduce symptoms and support emotional growth.

FAMILY THERAPY

Family therapy focuses on the improvement of relationships among family members. Clinicians start with evidence-based models such as CBT, DBT, or ACT and may integrate other modalities as needed.

SKILLS TRAINING

Skills training for ADHD/behavioral cases; includes executive function coaching and social skills training.

SINGLE SESSION CONSULTATIONS

A Single Session Consultation (SSC) is a 60-minute, highly focused session designed to help you make progress on one specific concern – without committing to ongoing therapy. Appointments typically scheduled within 48 hours, No long intake process, and no commitment to ongoing therapy. Unlike a traditional intake or consultation, this is a structured, evidence-based intervention designed to create meaningful progress in a single session. You will leave with a clear plan forward for you and your child.