

Ask for a PCIT Therapist

NEW CASTLE COUNTY

A Center for Mental Wellness.....	302-674-1397
Center for Child Development.....	302-292-1334
Delaware Guidance Services.....	302-652-3948
Mid Atlantic Behavioral Health (Wilmington location only).....	302-224-1400
Pike Creek Psychological Center (Newark location only)*.....	302-738-6859
Seeds of Hope Counseling Center.....	302-518-2362
Abigail Janney, Psy.D.....	302-235-3398
Kathleen King, LCSW	302-235-3398
Meg Myers, LCSW.....	302-235-3398
Stacey Balentine, LCSW*.....	302-295-1088
Elizabeth Napolin, LPCMH*.....	302-295-1088, ext. 703

KENT COUNTY

A Center for Mental Wellness.....	302-674-1397
Delaware Guidance Services**	302-678-3029
Julie Lewicki, LCSW*	302-531-0763
Lisa Williams, LCSW**	302-387-9174

SUSSEX COUNTY

Be Well Bi-State Counseling**	302-846-7200
Delaware Guidance Services** Lewes.....	302-645-5338
Seaford.....	302-262-3505
Delaware Psychological Services*.....	302-703-6332
Shannon Moyer, LPCMH*.....	302-420-8846
Lindsay Fitzgerald, LCSW*.....	302-593-1378

** = Bilingual therapist on staff

* = Not a DPBHS Provider

**For a list of additional PCIT therapists in Delaware,
call DPBHS ACCESS 1-800-722-7710**

For more information contact
DPBHS ACCESS 1-800-722-7710 OR
<https://kids.delaware.gov>



**Delaware Department of Services for
Children, Youth and Their Families**
Division of Prevention
and Behavioral Health Services

NCTSN

The National Child
Traumatic Stress Network



Parent-Child Interaction Therapy **PCIT**

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Effective Treatment

For children 2–7 years with challenging
and disruptive behaviors

REV 09/19



Help for young children and their families

"I learned practical strategies that really work."

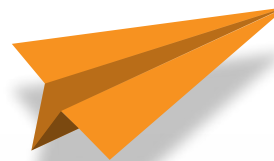
PCIT works best for children who have serious emotional and behavioral problems including:

- Refusing to follow rules
- Biting
- Hitting
- Throwing objects
- Having tantrums



What can I expect?

- ☐ Improve the quality of the parent-child relationship
- ☐ Increase in positive social child behaviors
- ☐ Decrease in child behavior problems
- ☐ Decrease in parenting stress
- ☐ Increase in parenting skills, including positive discipline



What is PCIT?

Parent-Child Interaction Therapy

PCIT is an evidence-based treatment for children ages 2 – 7 years with challenging and disruptive behaviors. Working with a PCIT trained therapist over 12 – 16 sessions, parents and caregivers gain skills to build positive relationships and change negative parent-child behavior patterns.

Let us help you enjoy life more by having less parental stress. See how effective these new parenting strategies are with your child.

For more information on how you can get started with PCIT, call one of the organizations listed in this brochure or contact the Division of Prevention and Behavioral Health Services at **1-800-722-7710**.

