

Behavioral Psychotherapy and Parent Training

Essential components when working with behavioral issues.

Psychotherapy: provides psycho-educational support for families with children that have behavioral concerns. A psycho-educational approach allows for therapeutic intervention for behavioral issues at hand. Providing information and support toward better understanding how to deal with thoughts and feelings that contribute to behavioral issues. Teaching children to more effectively regulate their mood in providing the skills necessary to increase their control when frustration sets in. Teaching coping skills that help in regulating anger and identifying eluded perceptions that contribute to their outbursts.

Parent Training: aims to help parents interact with a child in a way that will reduce aggression and irritable behavior and improve the parent-child relationship, such interventions are most effective. Specifically, parent training teaches parents more effective ways to respond to irritable behavior, as working in prevention of outbursts, focuses on the importance of being consistent with giving consequences for negative behaviors and rewarding positive behavior. Essentially providing the skills and tools necessary towards producing desired behavior.

Behavioral Therapy or Behavioral Psychotherapy: is a form of therapy that seeks to identify and help change potentially self-destructive, unhealthy behaviors or unwanted behaviors; functioning on the notion that all behaviors are learned and therefore can be changed.

Individual sessions available upon request - please call (516) 400-6780

Innovative Therapy

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