LET'S START THE CONVERSATION.

IT'S TIME FOR CHANGE...

WITH FOCUSED, EVIDENCE-BASED THERAPY...

CHANGE IS ATTAINABLE...

CENTER FOR CHILD & ADOLESCENT BEHAVIORAL HEALTH

Serving North Hills, South Hills, Cranberry & Monroeville

Office 724.609.5002
Fax 724.299.8964
www.PaPsychotherapy.org

Individual Adult, Marriage, Family, and Distance Counseling are also available.
To schedule an appointment, please contact us at: (724) 609-5002 and one of our knowledgeable staff will assist you.

Additional information regarding our center and other services offered at Cognitive Behavior Institute is also available on our website at: www.PaPsychotherapy.org.

CENTER FOR CHILD & ADOLESCENT BEHAVIORAL HEALTH

Behavioral health is an essential component of healthy functioning. When we experience stress in this area of our lives, we can see an impact on all domains including school functioning, physical health, family dynamics, and social relationships. Our children, adolescents, and young adults are not immune to this stress, making the behavioral health of our youth an ever-growing concern in our community.

At Cognitive Behavior Institute, we have recognized this need and are striving to support families through the establishment of a safe and supportive environment where children, adolescents, and young adults can receive the behavioral health services they deserve.

WHAT IS BEHAVIORAL HEALTH?

Behavioral health is the promotion of well-being through prevention and intervention with a focus on addressing mental health, improving behaviors, and promoting resiliency for the future. At our center, we provide treatment for children, adolescents, and young adults struggling with:

- ANXIETY
- DEPRESSION
- EMOTION REGULATION
- STRESS
- PARENT OR SIBLING CONFLICT
- ACADEMIC/SCHOOL DIFFICULTIES
- GRIEF
- ATTACHMENT
- PEER DIFFICULTIES
- TRAUMA
- BEHAVIOR PROBLEMS
- COPING SKILLS
- ANGER MANAGEMENT
- SOCIAL SKILLS
- ADHD

OUR APPROACH

At our Center for Child & Adolescent Behavioral Health, we are committed to providing evidence-based, goal-oriented and strength-based services to children, adolescents, and young adults.

- Evidence-Based: The services we provide are based only on the most current and relevant research available.
- Goal-Oriented: It is our mission to support the goals that are most important to meeting your individual behavioral health needs.
- Strength-Based: We believe that the children, adolescents and young adults we serve already have resources, assets, and skills to help them succeed. We work to help them leverage those strengths to reach their goals and foster resilience.

We have licensed clinicians who specialize in working specifically with youth. Each clinician is devoted to establishing positive and collaborative relationships to promote healthy development.

SERVICES WE OFFER

Comprehensive Evaluations

Our clinicians utilize a tailored approach to determine the needs of each child, adolescent, and young adult we see. Initial evaluations are conducted with every individual. These evaluations typically include a clinical interview with the client and family, completion of behavioral assessments, and discussion of initial recommendations for services.

Psychological Testing

Individualized testing is available by a licensed psychologist for further diagnostic needs. Psychological testing is typically beneficial for those seeking additional understanding of their child or adolescent’s educational functioning such as those with Attention Deficit Hyperactivity Disorder (ADHD) and other learning difficulties.

Individualized Treatment

Our clinicians are trained in a range of therapeutic modalities including cognitive-behavioral therapy, art therapy, behavior modification, child-centered play therapy, telehealth, and group treatment models. With each evaluation, clinicians work with individuals and their families to determine what best supports their unique needs.

LET US HELP

To schedule an appointment, please contact us at: (724) 609-5002 and one of our knowledgeable staff will assist you.

Additional information regarding our center and other services offered at Cognitive Behavior Institute is also available on our website at: www.PaPsychotherapy.org.