

Ask for a PCIT Therapist

New Castle County

A Center for Mental Wellness*	302-674-1397
Autism Delaware*	302-224-6020
Center for Child Development*	302-292-1334
Delaware Guidance Services**	302-652-3948
Growth & Change Counseling*	302-598-0531
Harmonious Minds*	302-633-6001
Jewish Family Services	302-478-9411
Latin American Community Center**	302-295-2160
María del C. Martínez, LPCMH**	302-998-2977
Mid-Atlantic Behavioral Health	302-224-1400
Pike Creek Psychological Center*	
Middletown	302-449-2223
Newark	302-738-6859
The Kids Couch, Inc.*	302-633-0301
University of Delaware Mental Health Clinic*	302-831-2717

Kent County

A Center for Mental Wellness*	302-674-1397
Stav Bennett, LPCMH*	302-897-5419
Delaware Guidance Services**	302-678-3020
Julie Lewicki, LCSW*	302-531-0763

Sussex County

A Center for Mental Wellness*	302-674-1397
Autism Delaware*	302-644-3410
Crossroads of Georgetown**	302-855-0558
Delaware Guidance Services**	
Lewes	302-645-5338
Seaford	302-262-3505
Jeanne Doe Dukes, LCSW*	302-430-2127
Shanon Moyer, LPCMH*	302-420-8846

*Not a DPBHS provider
**Bilingual therapist on staff



Delaware's B.E.S.T. for Young Children and Their Families

Delaware's B.E.S.T (Bringing Evidence-based System of Care and Treatment) for Young Children and Their Families, is a Division of Prevention and Behavioral Health Services (DPBHS) grant initiative to meet the mental health needs of very young children in the state. Training for therapists in PCIT, clinical consultation, and funding for this brochure are provided through a grant from the Substance Abuse and Mental Health Services Administration (SAMHSA), U.S. Department of Health and Human Services (HHS). The views, policies and opinions expressed do not necessarily reflect those of SAMSHA or HHS.

For translations of this publication,
call 302-781-3210.



Parent-Child Interaction Therapy PCIT

For a list of additional PCIT therapists in
Delaware, call 302-781-3212 or 302-781-3219.



Delaware Children's Department
Division of Prevention and
Behavioral Health Services
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NCTSN

The National Child
Traumatic Stress Network

Effective Treatment

For children 2-5 years with
very challenging and
disruptive behaviors



Help for young children and their families

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

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

"I learned practical strategies that really work."



What is PCIT?

Parent-Child
Interaction
Therapy

PCIT is an evidenced-based treatment for children ages 2 – 5 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.

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

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 Delaware's B.E.S.T. at 302-781-3212 or 302-781-3219.

