

At St. Vincent's, we specialize in strengthening the family relationship, working with families who have been traumatized, and increasing positive behaviors in children.

Early Childhood Mental Health Treatment (ECMH-T) is designed for children 2-7 years old and their families. Referrals to the ECMH-T program are required. Before the child begins in the program, our intake department conducts a thorough assessment. The child is then assigned to an ECMH-T therapist and weekly appointments are scheduled.

#### Who Can Benefit from Early Childhood Mental Health Treatment?

- Families who have experienced domestic violence
- Children who lose their temper easily
- Children who have difficulty following directions
- Parents who want to learn new parenting techniques
- Families who would like to strengthen their relationships
- Children who have experienced abuse or other trauma

We focus on a variety of methods of treatment, including:

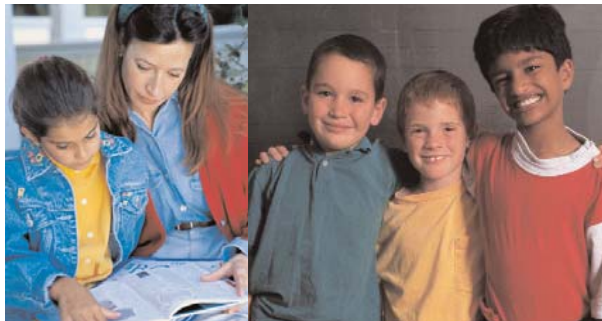
- Parent Child Interaction Therapy
- Play Therapy
- Trauma-Focused Cognitive Behavioral Therapy
- Eye Movement Desensitization and Reprocessing

#### Early Childhood Mental Health Treatment:

A variety of outpatient counseling services geared toward children ages 2-7 and their families. We specialize in strengthening the family relationship, working with families who have been traumatized, and increasing positive behaviors in children.

#### Our Staff:

The ECMH-T team consists of therapists who are licensed to provide psychotherapy in the state of Ohio. Our team is extensively trained in Parent Child Interaction Therapy, Trauma Focused Cognitive Behavioral Therapy, Play Therapy and EMDR.



#### Our Mission:

St. Vincent Family Center is a family service organization that develops children, strengthens families and sustains communities.



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Little Kids...Big Tomorrows

## Early Childhood Mental Health Treatment

*Strengthening the family relationship*



st Vincent  
family center

## Trauma-Focused Cognitive Behavioral Therapy

Trauma-Focused Cognitive Behavioral Therapy (TF-CBT) is designed to reduce negative emotional and behavioral responses following traumatic events.

The goals of TF-CBT are to:

- Reduce the child's negative emotional and behavioral responses to the traumatic events.
- Correct maladaptive or unhelpful beliefs related to the abusive experience (e.g. a belief that the child is responsible for the abuse)
- Provide support and skills to help parents cope effectively with their own emotional distress
- Provide parents with skills to respond optimally to and support their children

Individual and joint sessions are held in order to provide a safe and encouraging environment to address and process traumatic experiences.



## Play Therapy

The goal of Play Therapy is to encourage positive responses that will help the child overcome negative emotions and behaviors. A therapist works with the child and is able to provide immediate feedback based on the child's actions.

Play Therapy helps children:

- Become more responsible for behaviors and develop new and creative solutions to problems.
- Develop self respect and acceptance.
- Learn to experience and express emotion.
- Cultivate empathy and respect for others.
- Learn new social and interpersonal skills.
- Become more confident in their abilities.

## Eye Movement Desensitization and Reprocessing (EMDR):

When children are traumatized, they lose a sense of control over their lives. This can result in symptoms of anxiety, depression, irritability, anger, guilt, and/or behavioral problems. Sometimes, the memory of the experience becomes "stuck" or "frozen" in the mind and body.

EMDR can help strengthen feelings of confidence, calmness and mastery. The child is taught to recall the incident with a new perspective, new insight and with less emotional distress, by facing the memories or troubling events until they are no longer disturbing.

## Parent Child Interaction Therapy (PCIT)

PCIT is an exceptionally effective treatment that uses live coaching to assist caregivers. Caregivers are coached in specific play therapy and discipline skills by a therapist through an earpiece while the therapist observes interactions with the child.

Benefits of PCIT:

- Skills are acquired more rapidly because caregivers learn by doing.
- Therapist supports caregivers as they learn PRIDE skills (Praise, Reflect, Imitate, Describe, Enthusiasm)
- Therapist provides immediate feedback to caregivers.

PCIT focuses on two basic interactions:

**Child Directed Interaction (CDI):** Care givers are taught PRIDE skills. Caregivers follow the child's lead, ignoring annoying or obnoxious behavior and controlling dangerous behaviors.

**Parent Directed Interaction (PDI):**

Caregivers learn to use effective command and specific behavior management techniques as they play with their child. Caregivers are taught time-out procedures and how to manage the child's behaviors in real-world settings.