



Five year-old Brandon is often described as precocious, a feisty ball of energy.

When he came to The Guidance Center, he was defiant and had frequent temper tantrums. He was also oppositional and had a hard time with limits. Brandon's mom is a single parent with limited support and is living in a stressful family environment; as a result, Brandon struggled and acted out.

Brandon's mom brought him to The Guidance Center and together, they participated in our Parent Child Interactive Therapy (PCIT) program. PCIT offers parents the opportunity to interact directly with their child and provide behavioral interventions while receiving instruction and guidance remotely from a trained therapist in real-time. Parents learn parenting and therapeutic play skills to address behaviors that are difficult to manage.

Because of their commitment to their treatment, Brandon and his mom have built a stronger bond with each other, thus improving and strengthening their relationship. Brandon is able to express his feelings more openly instead of acting them out. He is also more aware of the negative and positive consequences of his actions. His mom has become more self-confident and gained skills that not only will help her become a better parent, but will also help her succeed in every day life.