

About

Yellow Table Therapy is a psychotherapy practice based in Morris County, NJ. We focus on the skills children, teens, and young adults need to face mental health challenges and life changes with confidence.

Get Started Today!

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Parent-Child Interaction Therapy

For children with big feelings and even bigger behaviors

We build your child's resilience, confidence, and calm together.



Image Credits: Take Care Creative, Jessica Rockowitz, Family First, Direct Media

Why Choose PCIT?

PCIT is a proven, evidence-based therapy for families with young children (ages 2 to 7) facing behavioral and emotional challenges.

How PCIT Works

In PCIT, parents actively participate in the treatment process. The therapist teaches parents specialized skills to address their child's behaviors directly. Parents receive live coaching as they practice these skills with their child in real-time.

In the **Child-Directed Interaction Phase**, parents learn how to improve their relationship with their child through child-centered interaction skills.

During the **Parent-Directed Interaction Phase (PDI)**, parents learn new skills to handle their child's behavior.

Benefits of PCIT

For Children

- Improved behavior, including better compliance with adult instructions
- Increased feelings of safety and attachment to caregivers
- Enhanced attention spans, self-esteem, and social skills, like sharing
- Decreased frequency and intensity of tantrums
- Reduced aggressive behaviors
- Lower levels of hyperactivity and fewer negative attention-seeking behaviors, like whining and interrupting

For Parents

- Improved behavior management skills
- Increased confidence in parenting skills
- Increased enjoyment spending time with your child(ren)
- Reduced stress and frustration in parenting

Who Is Eligible?

PCIT is designed for families of children ages 2 to 7 that may be facing challenges related to their child's behavior and emotions. To determine if PCIT is suitable for your child and family, consider the following criteria:

- The child's behavioral and emotional difficulties cause distress in the family
- The family can commit to weekly, 60-minute therapy sessions for approximately 12-20 sessions
- The family can commit to daily skills practice at home. For example, participating in 5-10 minutes of daily "special play time" to practice skills

The family's consistent attendance and practice at home are key to successful treatment.



"Let's make family time fun for you and your child - with more smiles and fewer tears!"

**Meghan Seradsky,
LCSW**

Founder & Psychotherapist
Yellow Table Therapy

