



The Children's Institute

Amazing Kids. Amazing Place.

Outpatient Behavioral Health Services: Individual Therapy at The Children's Institute of Pittsburgh

Amazing things happen when you restore health to the mind, body and spirit. For many children and adolescents, ages 5-21, navigating through challenging behaviors, emotions and social interactions can be difficult. Our outpatient Behavioral Health program offers a professional team of licensed clinicians that provide comprehensive support and work with the whole family to determine the best strength-based plan of care. From individual therapy sessions, medication management, psychiatric evaluations and more, we're here to meet your child where they're at so they can achieve amazing results.

Are individual therapy services right for your child?

Our clinicians help children and adolescents who may be experiencing:

- Depression (withdraw, isolation, lack of motivation)
- Anxiety (sleep issues related to frequent worry, fearfulness)
- Social issues (bullying, difficulty making friends)
- Behavioral issues (poor self regulation, anger, aggression, obsessive habits)
- Inattention and impulsivity
- Separation and loss
- Trauma

A Valuable Resource for Children with Behavioral Health Needs

Let's get back to amazing. Our experienced team of behavioral health clinicians is here as a resource to the whole family, offering a comprehensive, holistic and collaborative model of health care delivery built upon the child's diagnoses and the family's needs. Individual and family therapies are founded on evidence-based practices and are aimed to help the child and family achieve necessary goals. Goals might include: improved functioning at home, school and in the community, reduced challenging behaviors, increased skills for coping, emotional regulation and improvement of overall life satisfaction.



Behavioral Health Services

- Psychiatric services
- Psychological evaluations
- Neuropsychological evaluations
- Individual therapy, including cognitive behavioral therapy
- Group therapy
- Family/Caregiver therapy
- Stress management
- Medication management
- Integrated physical and behavioral health services

[To learn more](#) or to schedule an intake evaluation, please contact us at 412.420.2362 or visit amazingkids.org.