

ABC EARLY CHILDHOOD PROGRAM

Columbia's **ABC Program** offers services to caregivers of young children (ages 2-8) with a variety of emotional and behavioral challenges. Our team of early childhood experts offers behavioral evaluations, consultations, and treatment programs that are tailored to meet the needs of your child and family. Services are offered in person and via telehealth.

Areas of Expertise

- Fears & Phobias
- Separation & Social Anxiety
- Tantrums & Oppositionality
- Inattention & Hyperactivity
- Picky Eating
- Toileting & Sleep Difficulties
- Hair Pulling & Skin Picking
- Other Anxiety Concerns

Treatments Offered

- **Parent-Child Interaction Therapy (PCIT)**
Gold-standard, evidence-based treatment for challenging behavior and anxiety. Caregiver and child attend sessions together. Therapist coaches caregiver to use specialized skills.
- **Behavior Management Training**
Caregiver-centered approach that teaches skills to help families address a variety of emotional and behavioral challenges proactively.
- **Individual Therapy**
Cognitive Behavioral Therapy (CBT) for children ages 7-8 struggling with emotional concerns. Caretakers also play an active role in treatment.
- **Group Therapy**
Caregivers learn skills to address and prevent behavioral and emotional concerns in a supportive group atmosphere.

ABC Early Childhood Program
3 Columbus Circle, Suite 1425
New York, NY 10019

CONTACT US:
Krista Haley
Intake Coordinator
(212) 342-0951