

# Building Blocks

Sponsored by Florida Tech's School of Psychology



## What is Building Blocks?

Building Blocks is a research clinic at FIT. We work with young children and their parents to create stronger, more positive family relationships through Parent Child Interaction Therapy (PCIT). We help parents feel more confident to handle the everyday problems that occur with parenting children, which fosters children behaving in more positive ways, while building a more warm nurturing relationship between parent and child.

## Do you know a family with a child between the ages of 3 and 7 who....

- has behavior problems at home, daycare, or school?
- has temper tantrums or refuses to obey?
- argues a lot or does not get along with other kids?
- is depressed or withdrawn?
- has to be disciplined a lot or the parents spend a lot of time yelling at the child?
- has been diagnosed as ADD, Conduct Disorder or Oppositional Defiant?
- has been maltreated or abused?

If so, **we can help**. Behavior problems among young children are fairly common. **There is a solution**. These problems can be effectively treated if they are addressed early. And at Building Blocks we use PCIT – a treatment which has been scientifically proven to successfully treat the behavior problems of young children.

## What is PCIT?

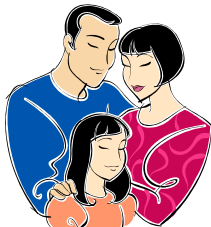
PCIT, Parent Child Interaction Therapy, brings the parent and child together in a treatment that strengthens and improves family relationships. PCIT is scientifically based, clinically validated, and empirically supported. It really works! Children involved in PCIT show improved behavior at home, at school, at daycare, and in other public places such as stores and offices. Parents who have completed the program report great satisfaction.

## Why should we refer families to Building Blocks?

Building Blocks uses state of the art technology to deliver services. “Bug in the ear” audio-technology is used to help therapists in the observation room coach parents in the therapy playroom. This enables therapy to occur in “real time” and in real play situations. The Therapeutic dyadic team consists of Dr. Chavez, an FIT Assistant Professor of Clinical Psychology with a strong clinical background in early child development, along with highly qualified Clinical Psychology Doctoral candidates at Florida Tech in training under the supervision of Dr. Barbara Paulillo, a Florida licensed clinical psychologist.

## How do I contact Building Blocks?

Building Blocks accepts referrals from schools, physicians, parents, teachers, and daycare providers. Charges are based on a sliding fee determined by a family’s individual circumstances such as family size and income. Please call, email or stop by to make a referral or to make an appointment.



### Building Blocks

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