COUNSELING & PSYCHIATRIC SERVICES



CHILD THERAPY



TEEN THERAPY



CHILD & TEEN PSYCHIATRY



PARENT CHILD INTERACTION THERAPY (PCIT)



FAMILY THERAPY



CHILD & TEEN ADHD TESTING

TREATMENT FOR:

Anxiety Disorders, Attention-Deficit Hyperactivity Disorder (ADHD), Autism Spectrum Disorder (ASD), Behavioral Disorders, Bipolar Disorders, Complex Post-Traumatic Stress Disorder (cPTSD), Depression, Dissociative Disorders, Eating Disorders, Grief, Hair Pulling, Hoarding Disorder, Mood Disorders, Obsessive-Compulsive Disorder (OCD), Oppositional Defiant Disorder (ODD), Post-Traumatic Stress Disorder (PTSD), Seasonal Affective Disorder, Skin Picking, Trauma.

ABOUT US

Counseling and Wellness Center of Pittsburgh, a woman-owned private practice with multiple locations throughout the Greater Pittsburgh Area, proudly offers a comprehensive range of services, including Individual, Couples, Family, and Group Therapies, as well as Psychiatric Services, Medication Management, Psychological Testing, and Wellness Solutions for your mind, body, and spirit.

Specializing in care for children and teens, we provide Child Therapy, Teen Counseling, Family Counseling, Parent Child Interaction Therapy (PCIT), Art Therapy, Reunification Therapy and Play Therapy.

Our experienced Pediatric Psychiatry team and Child & Teen Therapists are dedicated to creating an environment where children, teens, and their families feel heard, understood, and empowered.

COUNSELING & PSYCHIATRIC SERVICES

Pittsburgh
Cranberry
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Monroeville
South Hills
Wexford

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CHILD AND TEEN THERAPY & PSYCHIATRY

Counseling & Wellness CENTER OF PITTSBURGH

412-856-WELL

CounselingWellnessPGH.com

CHILD THERAPY PLAYROOM

Creating spaces where children feel safe, calm, and connected is our passion—places inspired by the soothing magic of nature. These nurturing environments are carefully crafted to support children's emotional well-being and help them grow into their best selves.

Our therapeutic approaches—including Parent-Child Interaction Therapy (PCIT), Play Therapy, Art Therapy, Reunification Therapy, Mindfulness, and Meditation—support emotional growth by empowering children to develop emotional regulation skills, break cycles of trauma, and build resilience that will last a lifetime.

With a foundation built on creativity, safety, and healing, we're here to help children thrive in a nurturing environment that supports their mental wellness journey. We aim to equip children with the tools they need to navigate life's challenges with confidence and emotional strength.



CHILD & TEEN PSYCHOLOGICAL TESTING

At Counseling and Wellness Center of Pittsburgh, our Psychological Testing Services offer a distinctive and specialized approach to addressing mental health concerns. We recognize the integral role of Psychological Testing in uncovering layers of mental well-being, whether it's gaining insight into a diagnosis, exploring personality facets, decoding cognitive patterns, or navigating specific challenges.

Incorporating various testing techniques, we ensure holistic evaluations for mental well-being in both children and teens, covering diverse areas such as:

- ADHD Testing
- Autism Testing
- Cognitive Assessments
- Personality Profiling
- Behavioral Analysis

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MEDICATION MANAGEMENT

Medication Management can be an essential part of treatment for many children and teens with mental health challenges, helping to relieve symptoms and improve overall functioning. We create a customized treatment plan that includes the right type of medication to support your child's mental wellness, ensuring they feel better equipped to navigate their day-to-day life.

CHILD AND TEEN PSYCHIATRY

Our experienced Child & Teen Psychiatric Nurse Practitioner, Neuropsychologists, and Behavioral Pediatrician provide individualized treatment plans for children and teens. We offer diagnostic evaluations, medication management, evidence-based interventions, and parental guidance. Collaborating with schools, we ensure comprehensive care and optimize the child's learning environment.

WE ACCEPT INSURANCE

We accept most major health insurances and self-pay. We also offer low cost and sliding scale options based on a person's income. Rather than a fixed fee, sliding scale therapists offer a cost range that slides up and down for individual clients.

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