

You're not the only parent whose child won't stop hitting other kids (or screaming at you)

You know your child better than anyone. When it's hurt feelings or a scraped knee, you're the first and best person to care for them. But when it comes to things like tantrums, disruptive behaviors, or uncontrolled impulsive actions, it's easy to feel unsure of how to help.

Recognizing that something feels different is one thing. Finally figuring out what your child needs is another.



These are some of the disruptive and impulsive behaviors we see the most. If you're seeing some of these (or others) at home, we can help you understand why and address them.

- * Tantrums or other behavioral upsets around everyday tasks, asks, or activities
- * Impulsive actions without thought of values or consequences
- * Behaviors that seem to get them into trouble at school or with friends
- * Difficulty following directions when completing tasks or leaving the house

No matter what your child is here for, you (as their parent) will be closely involved in their care. The level of involvement depends on a few things: their age and stage, the presenting concerns, and what research tells us works best.

Sometimes, kids meet with their provider and a caregiver checks in for a few minutes. Other times, the caregiver is the one in the session for a longer time.

Brightline will work with you to find the balance that is right for your family and the goals you have for your child.

When you know it's time, Brightline is the right place.

Brightline's Disruptive Behaviors Program provides kids up to age 18 with careful symptom assessments, clear diagnostic impressions, and thoughtful treatment including:

- Evidence-based interventions including behavioral Parent Management Training (PMT), for oppositional defiant disorder, and other specified disruptive, impulsive, and conduct disorders and behaviors including tantrums, following directions, irritability, impulsivity, and frustration tolerance
 - Between-session practice plans that support your child as they start using the skills they're learning in real-life situations
 - Information gathering (with parent permission) from important adults in your child's life, like teachers and other care providers, to ensure a well-rounded view of your child
 - A combination of agreed-upon session types (child-focused and caregiver-focused without the child) that include learning about emotions and behaviors, skill building, barrier identification, measured progress, and homework plans for continuity between sessions
 - Internal referrals to our psychiatry services (medication management) when a child needs more than therapy to progress towards goals, or if families want to try a combined approach from the beginning
 - Sessions can be held virtually or in person, based on family preference and clinical recommendation
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A typical course of therapy is between 8–16 sessions. A typical course of psychiatry (including medication management) is between 6–10 sessions. We take insurance and can provide superbills.



"My son was very nervous about therapy, but he instantly connected with his therapist. He looked forward to chatting with her each week and telling others about his positive experience. I noticed improvements in his mood and behavior after only a few sessions. I'm very thankful for Brightline!"

Brightline parent

For more information or to schedule an appointment, call **(888) 255-1329** or visit **[brightline.com](https://www.brightline.com)**. We're open Monday–Friday from 8am–7pm ET.

Our clinic locations:

- 32 Court Street, Suite 808, Brooklyn, NY 11201
- 3000 Marcus Avenue, Suite 3E01, Lake Success, NY 11402
- 330 W 58th Street, Suite 611, Manhattan, NY 10019