



### Ginger Martin, Psy.D.,

Dr. Martin is a native to Pittsburgh, and her passion for helping children led to her attending Indiana University of Pennsylvania's doctoral program in clinical psychology to earn a Psy.D. in clinical child psychology. She has extensive training working with children in a variety of settings. Dr. Martin specializes in work with younger children and is particularly interested in child development, autism and other developmental disabilities, and disruptive behavior in both assessment and treatment of preschool-aged children. Dr. Martin has practiced in Sarasota Florida, where besides relaxing in the sun and hosting visitors from "up north," she provided therapy for children, adolescents, and adults. She has also worked at Children's National Medical Center in Washington, DC (what miserable traffic!) where she specialized in early childhood development. Her research has focused on the effects of premature birth, parenting stress levels, and the effects of television viewing on young children.

As a licensed clinical child psychologist, Dr. Martin works at the Western Psychiatric Institute and Clinic's John Merck Clinic with children with autism and developmental disorders. Dr. Martin's work at Cognitive Dynamic Therapy Associates specializes in treatment of young children. She practices individual/play therapy with preschoolers and school-aged children, family therapy, and Parent-Child Interaction Therapy. Dr. Martin finds that working with children at a young age can prevent further behavioral problems, and her emphasis on child development and the parent-child relationship provides a unique perspective so that families are quite involved in therapy. Dr. Martin truly enjoys her work and finds that the most powerful reward is seeing a parent's face light up when they see improvements in their child's behavior and find that their relationship with their child has been enhanced.



Cognitive Dynamic Therapy Associates:  
A Multi-Specialty Group



**Ginger Martin, Psy.D.**  
Licensed Clinical Child Psychologist

## Resolving Early Childhood Behavior Problems

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Early Childhood is an important time of development of parent-child bonding, play skills, social skills, and independence. Along the way, behavior problems or difficulties can emerge.

Some types of problems may include:

- § Temper tantrums
- § Aggression
- § Sleep problems
- § Feeding issues
- § Sibling-relational problems
- § Social skills problems
- § Poor play skills
- § Hyperactivity
- § Separation anxiety
- § Developmental delay



### Parents as Therapists:

- Parents are included in the therapeutic process and are involved in treatment
- Parents are coached and empowered with appropriate parenting skills
- Your bond with your child will be strengthened!
- These skills allow you to effectively interact with your child and manage tough behaviors
- Parents are supported and respected as experts on their child
- You may try new things at home or to continue aspects of therapy each day with your child
- After all, you are the most influential person in your child's life!

### Treatment of Early Childhood Behavior Problems Includes:

A comprehensive assessment of the child's behavior will be completed. This may involve gathering information from many sources including daycare/preschool teachers, other relatives, the pediatrician or other professionals involved in the child's care.

A treatment plan will be developed in collaboration with the parents/caregivers to outline treatment goals.

The parents/caregivers and child will be asked to attend weekly or bi-monthly sessions which will focus on the child's development and parenting skills.

