



What is CPP?

CPP stands for Child/Parent Psychotherapy. It is a type of intervention designed for young children who have experienced traumatic life events. It focuses on the way these traumatic events have impacted the child and caregiver relationship and seeks to improve the relationship between caregiver and child while restoring the child's sense of safety and overall growth.



Benefits:

- Enhances caregiver empathy and support for their children
- Reduces child's anxiety and depression
- Builds child's ability to regulate emotions
- Increases child's cognitive function
- Improves child's behavioral problems including aggression and attentional difficulties
- Reduces caregiver distress
- Reduces child and caregiver's post-traumatic stress symptoms

What Happens During CPP?

1. Getting to Know the Child & Family

We spend time meeting alone with parents/caregivers to understand the family's:

- Needs and challenges
- Strengths and values
- History and experiences

If needed, we connect families to resources and services

We make a plan for how CPP will help your family

2. Addressing Families' Needs

We usually meet once a week with the parent/caregiver and child

If old enough, we first help children understand:

- Who we are
- Why they are coming
- What we will do together

We often use toys because young children show feelings and thoughts through play

We may meet alone as adults

We help parents/caregivers and children to:

- Understand each other
- Talk and play about difficult experiences
- Respond to difficult feelings and behaviors
- Create a family story that leads to healing

3. Wrapping Up & Planning for the Future

We celebrate changes the families have made

We talk about how parents/caregivers made changes happen

We consider how endings and goodbyes may bring up different feelings

We talk about what will be needed in the future

Why Choose CPP?

The CPP model understands that each child is unique and therefore therapy is tailored to the child's age and developmental status. Research supports that the CPP model is more effective than therapy as usual for traumatized children ages 0-5 years old.

Other Information:

- Treatment involves weekly hour long sessions with parent/ caregiver and child.
- The length of treatment varies, but on average lasts about one year.
- The treatment varies depending on the child's age and developmental level.
- Treatment in infants might focus on helping the caregiver understand what the caregiver and child have gone through and how this might affect the child's behavior and development.
- Treatment for toddlers and preschoolers might include a more active component for the child including play as a means of communication.
- The main goal is to strengthen the parent/caregiver – child relationship.