

THE PURPOSES OF CHILD-PARENT PSYCHOTHERAPY ARE:



To strengthen or repair the child-parent relationship and attachment connection.



To promote the child's social and emotional development.



To minimize harmful developmental consequences, which may result from disruptions in caregiving because of abuse or neglect.

CHILD-PARENT PSYCHOTHERAPY IN NEBRASKA

Building the relationship between child and parent

EVIDENCE-BASED PRACTICE REFERENCES:

- The Substance Abuse and Mental Health Services Administration's (SAMHSA) National Registry of Evidence-Based Programs and Practices (NREPP)

www.nrepp.samhsa.gov

- The California Evidence-Based Clearinghouse for Child Welfare

www.cebc4cw.org

MORE INFO? VISIT



Nebraska Child
Parent Psychotherapy
Learning Collaborative

www.nebraskababies.com/cpp



NEBRASKA RESOURCE PROJECT
FOR VULNERABLE YOUNG CHILDREN

N CENTER ON CHILDREN,
FAMILIES, AND THE LAW



UNDERSTANDING CHILD-PARENT PSYCHOTHERAPY (CPP)

As a dyadic intervention tool, CPP promotes and strengthens a close, safe and nurturing relationship between a parent and their child, age 5 or under.

CPP is geared toward young children who have experienced at least one traumatic event and, as a result, are experiencing challenging behaviors, attachment issues, and/or mental health problems, including post-traumatic stress disorder (PTSD).

Through close observation, followed by guidance and coaching, parents gain a better understanding of the needs of the child. They can more effectively read their cues and respond in nurturing and developmentally appropriate ways. The parent may also gain insight on how their own upbringing, or "ghosts in the nursery", contributes to the parenting of their own children.

"CPP helps to foster a stronger, more supportive child-parent relationship."

Ultimately, CPP helps restore a child's sense of safety and attachment, and improves their cognitive, behavioral and social functioning by fostering a stronger, more supportive child-parent relationship.

EFFECTIVE CPP TECHNIQUES

CPP involves a range of proven techniques for supporting an effective child-parent relationship. Each focuses on helping the parent to understand how their experiences, and the child's, may affect daily function and development.

STRATEGIES:

- Attachment-focused interventions
- Trauma informed
- Behavior-based interventions
- Parent support and coaching
- Interactive child-parent play
- Verbal interpretation of transactions between parent and child

For example, when the parent has a history of trauma, it can interfere with his or her response to the child. Having an understanding of the parent's history, the therapist can help them understand how it affects their relationship with their child. Through reflective coaching, the parent is better equipped to respond and interact with the child in new, developmentally appropriate ways.

Typically, parent and child participate in weekly one-hour sessions for approximately one year with therapists.

CHILD-PARENT RELATIONSHIP ASSESSMENT

The Child-Parent Relationship Assessment is a structured, observation-based assessment of the relationship between the parent and child. It includes a parent interview and observation sessions of the child alone and with the parent/parents, foster parents and other caregivers. During the parent/caregiver interview, their history is discussed and assessed to help identify important factors related to possible past trauma experiences. Similarly, the joint observation sessions are key for assessing the current relationship and behavior patterns of the parent and child.

"Observation sessions are key for assessing relationship and behavior patterns."

The assessment is based on a model developed and researched by Joy Osofsky, PhD, and colleagues at the Louisiana State University Health Sciences Center and the Miami Safe Start Initiative. A licensed psychologist or licensed mental health practitioner performs the assessment and treatment. Qualified professionals have received specialized training from local, state and national trainers and receive continuing supervision and monthly consultation. To help assure objective, accurate assessments, the observation sessions are videotaped (for the clinician's use only).