

Learning More About Early Childhood Mental Health (ECMH) in Nebraska

This companion guide is meant to serve as a quick reference for the video on ECMH at nebraskababies.com/ecmh

Child-Parent Psychotherapy (CPP) Ages 0 - 5

CPP is a dyadic therapy that focuses on healing traumatic or stressful events within the context of the caregiving relationship. The caregiver is encouraged to reflect on their own experiences to gain perspective on how their past affects their current parenting. The therapist acts as a conduit between caregiver and child to help them increase attachment, restore a normal developmental trajectory and heal any ruptures in the relationship.

Consider referring to CPP when a child has experienced:

- Trauma
- Loss
- Ruptures in the parent-child relationship
- Other adjustments

For more information and a provider list visit nebraskababies.com/CPP.

Parent-Child Interaction Therapy (PCIT) Ages 2 - 7

PCIT teaches parents how to manage their child's challenging behaviors and feel more confident in their parenting. Sessions involve both the parent and child and focus on the relationship. The therapist coaches the parent on behavioral management techniques that help their child feel more secure. PCIT increases positive interactions between the parent and child while decreasing challenging behaviors.

Consider referring to PCIT when a child is displaying:

- Challenging behaviors
- Disruptive behaviors
- Or to help with parental stress, frustration, or skills

For more information and a provider list visit nebraskababies.com/PCIT.

Circle of Security Parenting™ (COSP) All Ages (Can support all other evidence-based practices)

COSP is a relationship-based parenting program that helps parents and caregivers form stronger parent-child relationships and raise secure children. Parents meet in a group led by a trained facilitator for 8 weeks to watch video clips and reflect on their parenting. Based on decades of attachment research, COSP teaches parents how to better understand their child's needs, attune to them, support their development and gain confidence in their parenting.

Can refer all caregivers to COSP. This includes:

- Biological parents
- Foster parents
- Other caregivers
- Child care providers

For more information and a provider list visit www.necosp.org.

The Nebraska Resource Project for Vulnerable Young Children provides professional consultation on an ongoing basis. If you would like help in a case or help making a referral, please contact our Early Childhood Outreach and Training Specialist at Lindsey.Ondrak@unl.edu.