



For a List of CPP providers in your area  
please visit

[www.thriveinitiative.org](http://www.thriveinitiative.org)

Or call Thrive's Clinical Coordinator at  
**782-5783** or **1-877-784-4705**

### Who is Qualified to Provide this treatment?

Therapists who provide Child Parent Psychotherapy are highly trained in Infant Mental Health and participate in a series of learning sessions with local trainers as teachers and receive ongoing supervision. Treatment manuals and readings are used by the therapist and therapists may also use screening tools to see how successful the treatment is over time. A skilled therapist is important to the success of treatment.

*Please ask your therapist about their training.  
They'll be glad you did!*

### Some Common Reactions to Trauma

- Difficulties sleeping
- Excessive tantrums
- Defiant, won't cooperate
- Difficulty concentrating/staying still
- Aggression or "acting out"
- Depression and/or anxiety
- Low self-esteem
- Inability to trust others
- Separation anxiety (difficulty separating from caregiver)
- Cries a lot and won't be easily consoled

These symptoms or behaviors, if left untreated, may prevent a person from living a fully healthy lifestyle and thriving to their full potential.



## Child Parent Psychotherapy (CPP)

A proven treatment for very young children  
& their families who have experienced trauma

## How Will It help?

Child Parent Psychotherapy is a proven treatment for infants, toddlers and preschoolers (birth-5) that can help children and their caregivers cope with the negative impact of traumatic events such as:

- Witnessing domestic violence
- Child abuse and/or neglect
- Separation from caregiver(s)

Child Parent Psychotherapy works best with children ages birth to five who are having emotional or behavioral problems related to the trauma, such as nightmares, trouble sleeping, frequent crying, and fighting.

Child Parent Psychotherapy may help children and caregivers reconnect and heal. This focus on the parent child relationship will lead to less anxiety and more confident and trusting relationships. This will allow children and caregivers to learn new ways to cope with difficulties and help them experience a healthy relationship.

## What Skills Will Children Learn?

There are several important methods used by the Child Parent Psychotherapy therapist that focus on the child and parent:

1. Use of play and language to promote healthy exploration
2. Emotional support
3. Education on child development
4. Role modeling
5. Crisis intervention
6. Concrete assistance with problems
7. Safety skills
8. Effective coping skills.



## What Can Be Expected?

The therapist will want to meet with the caregiver(s) and child regularly. The treatment may last up to approximately 12 months and may occur in the home or clinic. The family and therapist will create a schedule that works best for the family and child. Sessions will include the child and caregiver. Studies show that caregiver participation is a key factor in helping children heal from the trauma while helping caregivers to learn new skills, including :

- Managing caregiver's own feelings about the traumatic experience
- Managing the child's behavior
- Improving communication
- In cases where the caregiver has experienced his or her own trauma, the therapist will assist in processing how trauma has impacted or may impact his or her relationship with the child.

