

ARBEST

Arkansas Building Effective Services for Trauma

Child-Parent Psychotherapy (CPP) Implementation Agency Readiness Checklist

Child-Parent Psychotherapy (CPP) is an effective and evidence-based treatment for young children who have experienced trauma and are exhibiting mental health, attachment, or behavioral symptoms. It has been shown to reduce behavior problems, strengthen parent-child attachment, and improve mental health functioning. Agencies seeking to provide CPP must commit to key therapist support and agency infrastructure requirements, detailed below.

Please review the checklist and ensure that your agency can commit to the following:

Therapist qualifications, caseload, and training requirements	
	Allowing and facilitating therapists' time away from clinical duties to participate in in-person training, which includes seven full days throughout the 18-month training period. In-person trainings consist of a 3-day initial workshop followed by a 2-day follow-up workshop approximately 6 months after the initial workshop and a third 2-day follow-up workshop approximately 12 months after the initial training.
	Supporting therapists' participation in consultation calls (two, one-hour calls per month)
	Supporting supervisors' participation in consultation calls (three, one-hour calls per month)
	Allowing for preparation time (e.g., completing case presentation template and providing sample clinical material) for presenting on consultation calls. (Each participant is required to present twice on the consultation calls during the 18-month training period.)
	Assisting therapists in receiving sufficient CPP-appropriate referrals to complete training requirements within 18 months (i.e., for therapists: maintaining a CPP caseload of 3-4 cases to optimize therapists' ability to treat 4 cases, one of which must be at least 11 sessions following the CPP Feedback session; for supervisors: maintaining a CPP caseload of 1-2 cases to optimize therapists' ability to treat 2 cases, one of which must be at least 11 sessions following the CPP Feedback session)
	Supporting therapists and supervisors in conducting bimonthly reflective supervision, at minimum

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CPP Agency Readiness Checklist Continued

Infrastructure Needs	
	Creating or repurposing a fully or partially dedicated CPP therapy room (could be the therapists office): A safe, relatively low-stimulation room for a parent and a child to engage in free play with a small selection of toys
	Developing an observation room: A room allowing a CPP therapist to see and hear the parent and child playing and be out of the child's sight and hearing. CPP observation can be conducted through a live video feed or by using a one-way mirror; please indicate below which option your agency will pursue: _____ Observation room adjoining the therapy room, with viewing of therapy room through a one-way mirror OR _____ Observation via a live video feed, with camera out of child's reach in therapy room
Supplies	
	Having ability for therapists to easily make copies of assessment and/or fidelity measures from the CPP website.
	Purchasing the CPP treatment manuals ("Don't Hit My Mommy, Second Edition" and "Psychotherapy with Infants and Young Children") so that they are accessible by each therapist/supervisor.
	Purchasing and maintaining a supply of appropriate CPP toys: trauma, creative, constructive toys that encourage free play. A suggested CPP toy list may be found at: https://www.pinterest.com/CPPtreatment/cpp-playroom-toys/

Please ensure your agency's commitment to the items above before completing the online agency application for CPP training. If you have questions or need assistance please contact ARBEST at arbest_info@uams.edu.