

ARBEST

Arkansas Building Effective Services for Trauma

Child-Parent Psychotherapy (CPP) Implementation Overview

INTRODUCTION

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. It is one of the most effective evidence-based treatments for children with these difficulties in this age range, and the one for which we have the strongest trainer resources in Arkansas.

RESOURCES

- *CPP reference manual*: Lieberman, A. F., Ippen, C. G., & Van Horn, P. (2015). *Don't Hit My Mommy!* (2nd ed.). Washington, DC: Zero To Three.
- *CPP reference manual*: Lieberman, A. F. & Van Horn, P. (2008). *Psychotherapy with Infants and Young Children*. Washington, DC: Zero To Three.
- *Therapist training requirements*: see below.
- *CPP suggested toy list*: <https://www.pinterest.com/CPPTreatment/cpp-playroom-toys/>

TRAINING REQUIREMENTS AND PROCESS

Training requirements are dictated by treatment developers.

Therapist requirements: Therapists must have a Master's degree or higher in mental health field, must be independently licensed as a mental health provider or be working under the supervision of licensed mental health service provider who is also participating in the CPP training, and must be actively treating children aged birth to 5.

Initial Training Process:

- Read CPP manuals ("Don't Hit My Mommy!, 2nd Edition" and "Psychotherapy with Infants and Young Children")
- 3-day face-to-face training workshop
- 2-day follow-up face-to-face training workshop (approximately 6 months after the initial workshop)
- 2-day follow-up face-to-face workshop (approximately 12 months after the initial workshop)

Consultation Training Process:

- 18 months of consultation calls (held twice monthly for therapists starting after initial workshop; supervisors also have an additional monthly call)
 - Present at least twice on consultation calls
- Therapists treat a minimum of 4 cases during the 18-month consultation period; Supervisors treat a minimum of 2 cases during the 18-month consultation period
- Treat one family at least 11 sessions after the CPP feedback session
- Participate in bimonthly reflective supervision, at minimum
- Complete fidelity forms for at least two CPP cases

AGENCY COMMITMENT

The CPP training process is both time- and skill-intensive due to the specialized set of skills therapists must develop. Long-term sustainability of CPP requires commitments from agencies, including support for therapists, maintenance of supplies, development of key infrastructure, and funding to cover trainers' time and expenses (if applicable). Agencies are required to provide space for treatment and reflective supervision, resources (e.g., appropriate toys, art supplies), and access to referrals of children birth to age 5.

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CPP Implementation Overview Continued...

AGENCY SUPPLIES AND INFRASTRUCTURE NEEDS

**Cost and setup will vary by agency*

Supplies

- CPP manual (each therapist must have access) : “Don’t Hit My Mommy!” (one per agency or more if desired, approximately \$40)
- CPP manual (each therapist must have access): “Psychotherapy with Infants and Young Children” (one per agency or more if desired, approximately \$35)
- Ability to access Dropbox and easily make copies of all required CPP assessment forms and required fidelity forms found at the CPP website
- Toys for the agency: Purchasing and maintaining age appropriate CPP toys such as trauma, creative, and constructive toys that encourage free play. Trauma toy selection will vary based upon child specific trauma exposure and may include child specific trauma toys such as police men, police cars, handcuffs, doctor kit, etc. A suggested CPP toy list may be found at: <https://www.pinterest.com/CPPtreatment/cpp-playroom-toys/>

Therapy room: Creating or repurposing a fully or partially dedicated CPP therapy room (could be the therapist’s office): A safe, relatively low-stimulation room for a parent and a child to engage in free play with a small selection of CPP appropriate toys

- Average-size therapy room; large enough to accommodate 3 people and enough open floor space to allow for floor play
- CPP appropriate toys should be selected in advance and brought in for each session.

Observation room: A room allowing a CPP therapist to see and hear the parent and child playing, speak to the parent, and be out of the child’s sight and hearing. CPP observation can be conducted through a live video feed from the therapy room or by using a one-way mirror with full view of the therapy room.

- Audio connection with therapy room
- Therapist needs to hear both parent and child
 - Standard setup: An area microphone in therapy room connected to amplifier in observation room
- Large enough to accommodate 3 people
- Recommended furniture/supplies in addition to audio equipment:
 - CPP appropriate selected toys
 - Small two drawer file cabinet to store specific toys used during parent-child observations
 - Cabinet or shelving for CPP toy storage if toys are not housed elsewhere including a posted developmentally ordered list of toys for children 12-months to 52+ months of age to be utilized during play situations during parent-child observations
 - Designated storage tub to store a small set of specific toys used at each parent-child observation is recommended