

## Child-Parent Psychotherapy (CPP) Information Sheet

<b>Commitment</b>	<p>CPP training occurs over an 18-month period. Both training in and implementing CPP in your practice require commitment from the individual therapist and his or her agency.</p>
<b>Therapist Requirements</b>	<p><b>Education:</b></p> <ul style="list-style-type: none"> <li>• Master’s degree or higher in mental health field</li> <li>• Independently licensed (or under supervision of licensed MHP who is also participating in the CPP training)</li> </ul> <p><b>Caseload:</b> Actively treating children ages 0-5 with mental health, attachment, and/or behavioral problems</p>
<b>Agency Requirements</b>	<p>Agencies are required to provide space for treatment and bimonthly reflective supervision (at minimum), resources (e.g., toys, art supplies), access to referrals for children birth to age 5.</p>
<b>Training Process</b>	<p><b>Initial Training:</b></p> <ul style="list-style-type: none"> <li>• Read CPP manuals (“Don’t Hit My Mommy, 2<sup>nd</sup> Edition” and “Psychotherapy with Infants and Young Children)</li> <li>• 3-day face-to-face training workshop</li> <li>• 2-day follow-up face-to-face training workshop (approximately 6 months after initial workshop)</li> <li>• 2-day follow-up face-to-face training workshop (approximately 12 months after the initial workshop)</li> </ul> <p><b>Consultation Phase:</b></p> <ul style="list-style-type: none"> <li>• 18 months of consultation calls (held twice monthly for therapists starting after initial workshop; supervisors also have an additional monthly call)             <ul style="list-style-type: none"> <li>– Present at least twice on consultation calls</li> </ul> </li> <li>• 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</li> <li>• Treat one family at least 11 sessions after the CPP feedback session</li> <li>• Participate in bimonthly reflective supervision, at minimum</li> <li>• Complete fidelity forms for at least two CPP cases</li> </ul>

## CPP Information Sheet Continued...

<b>Rostering</b>	Completing the training process allows a therapist to be eligible for national rostering.
<b>Trainer Levels</b>	<b>Within Agency Trainers:</b> <ul style="list-style-type: none"><li>• Can train within their own agency</li></ul> <b>Within State Trainers:</b> <ul style="list-style-type: none"><li>• Can train within a designated state, within and outside their own agency, using workshop-style training followed by consultation calls</li></ul> <b>Master Trainers:</b> <ul style="list-style-type: none"><li>• Can train the trainers; can train therapists nationally or internationally</li></ul>
<b>More Information</b>	See the Child Trauma Research Program at the University of California, San Francisco ( <a href="http://childtrauma.ucsf.edu/child-parent-psychotherapy-training">http://childtrauma.ucsf.edu/child-parent-psychotherapy-training</a> ) or follow CPP on Facebook ( <a href="https://Facebook.com/ChildParentPsychotherapy">https://Facebook.com/ChildParentPsychotherapy</a> ).