

Child-Parent Psychotherapy (CPP) Information Sheet

Commitment	<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>
Therapist Requirements	<p>Education:</p> <ul style="list-style-type: none"> • Master’s degree or higher in mental health field • Independently licensed (or under supervision of licensed MHP who is also participating in the CPP training) <p>Caseload: Actively treating children ages 0-5 with mental health, attachment, and/or behavioral problems</p>
Agency Requirements	<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>
Training Process	<p>Initial Training:</p> <ul style="list-style-type: none"> • 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 initial workshop) • 2-day follow-up face-to-face training workshop (approximately 12 months after the initial workshop) <p>Consultation Phase:</p> <ul style="list-style-type: none"> • 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"> – 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

CPP Information Sheet Continued...

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