

Find a CPP Trained Therapist Near You
in ARBEST's Online Directory:
<http://arbest.UAMS.edu/clinicianslist/>



APPOINTMENT

Make note of your first appointment time once you find a CPP trained therapist that works for you.

Therapist: _____

Phone Number: _____

Date: _____ Time: _____

Location: _____



QUESTIONS TO ASK YOUR THERAPIST

- What is your experience working with young children with trauma?
- Are you trained to provide evidence-based treatments for trauma?
- How will I or other family members be involved in treatment?
- What are the goals of treatment?
- How long will treatment be needed?
- How will I know if my child is getting better?



CHILD-PARENT PSYCHOTHERAPY (CPP)

ROADMAP TO TREATMENT
FOR YOU AND YOUR CHILD



CPP is a trauma-focused therapy for children ages 0-5 and their caregivers to strengthen their relationship and heal from the stressful life events they have experienced.



“When we adopted our daughter, she had memories of traumatic events from when she was just 19 months old. Going through CPP improved her behavior and taught me how to help her heal. It completely changed our lives.” —Anonymous Parent

CPP ROADMAP

CPP typically involves weekly therapy sessions for the child and parent that lead the family on the road to recovery.



GETTING STARTED

- Discuss family needs, strengths, values, and history
- Develop a plan for treatment
- Connect to community resources and services



ADDRESSING NEEDS

- Recognize the impact of trauma on the parent-child relationship
- Express feelings and thoughts through play
 - Improve understanding between parent and child
- Manage challenging feelings and behaviors



MOVING FORWARD

- Celebrate improvements
- Discuss feelings and thoughts about treatment
- Develop a plan for the future