

Child-Parent Psychotherapy (CPP) Training

Nebraska Resource Project for Vulnerable Young Children
UNL - Center on Children, Families and the Law



NEBRASKA RESOURCE PROJECT
FOR VULNERABLE YOUNG CHILDREN



CENTER ON CHILDREN,
FAMILIES, AND THE LAW



Nebraska Center on
Reflective Practice



We provide **support, training, and resources** to improve the well-being of maltreated young children



Early Childhood Mental
Health



Nebraska Center on
Reflective Practice

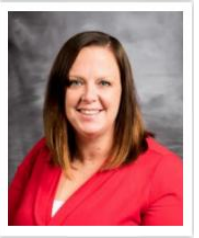


Court Infusion

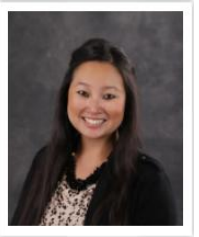




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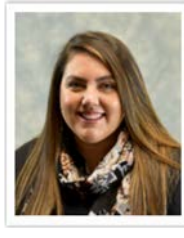
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Early Childhood Mental Health Program

Child Parent Psychotherapy (CPP) Training

Parent-Child Interaction Therapy (PCIT) Training

Community of Practice for ECMH Clinicians

Nebraska Young Child Institute

Nebraska Babies Classroom: classroom.nebraskababies.com

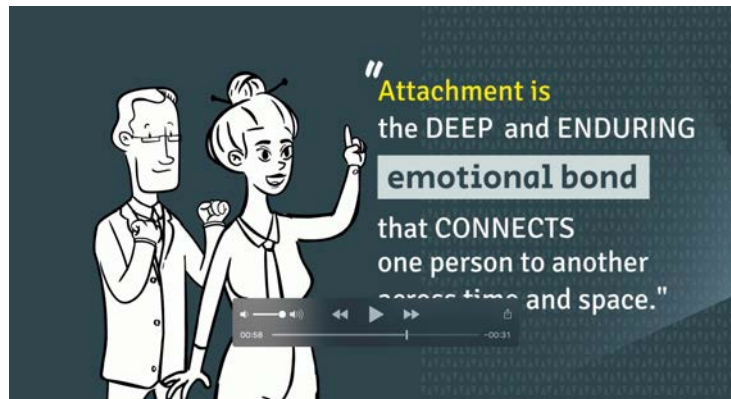
Understanding Early Childhood Attachment, Trauma, and Development



This course contains three short mini courses for anyone with – or working with – young children to understand the importance of caregiver relationships and how those relationships, and early childhood trauma, impacts development.



Trainer: Samantha Byrns, M.S.Ed., LIMHP, NCC
Early Childhood Mental Health Project Manager
Nebraska Resource Project for Vulnerable Young Children



What is Child-Parent Psychotherapy (CPP)?

- ▶ CPP integrates psychodynamic, attachment, trauma, cognitive-behavioral, and social-learning theories into a dyadic treatment approach designed to restore both the child-parent relationship and the child's mental health and developmental progression that have been damaged by the experience of family violence.
- ▶ Originally designed for children exposed to family violence but has been adapted for other types of trauma and loss (child maltreatment, sudden or traumatic death of someone close, witnessing of domestic violence, disruption of attachment; or multiple changes of placement)
- ▶ Birth through age 5 and their caregivers
- ▶ Weekly sessions up to one year (average is 12-16)

THE PURPOSES OF CHILD-PARENT PSYCHOTHERAPY ARE:



To strengthen or repair the child-parent relationship and attachment connection.



To promote the child's social and emotional development.



To minimize harmful developmental consequences, which may result from disruptions in caregiving because of abuse or neglect.

Does CPP Work?

- ▶ California Evidence-Based Clearinghouse for Child Welfare gives ratings to programs/practices.
- ▶ CPP gets a rating of “2” (best rating is a 1) meaning it is “supported by research evidence.”
- ▶ Its relevance to child welfare is a “1” or High
- ▶ FFPSA Clearinghouse rates CPP as Promising (<https://preventionservices.abtsites.com/program>)
- ▶ Osofsky, J., Kronenberg, M., Hayes Hammer, J., Lederman, C., Adams, S., Graham, M., and Hogan, A. (2007) The Development and Evaluation of the Intervention Model for the Florida Infant Mental Health Pilot Program. *Infant Mental Health Journal*, Vol. 28 (3), 259-280.

Outcome Measures

Children

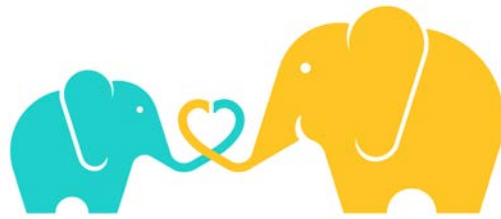
- ▶ Child Behavior Checklist (CBCL; Achenbach and Edelbrock, 1983; Achenbach, 1991)
 - ▶ Structured Interview for Diagnostic Classification DC: 0-3 for Clinicians (DC: 0-3; Scheeringa et al., 1994)
- ### Mothers
- ▶ Symptoms Checklist-90 Revised (SCL-90-R; Derogatis, 1994)
 - ▶ Clinician Administered PTSD Scale (CAPS; Blake et al., 1990)

Outcomes:

- ▶ CPP children showed greater reductions in traumatic stress symptoms ($d = .83$).
- ▶ At posttest, significantly fewer children who received CPP met criteria for PTSD (6%) compared to comparison group children (36%). Rates of PTSD at intake were 50% for the CPP group and 39% for comparison group.
- ▶ CPP children showed greater reductions in total behavior problems ($d = .24$).



CPP Clinician Directory for Referrals



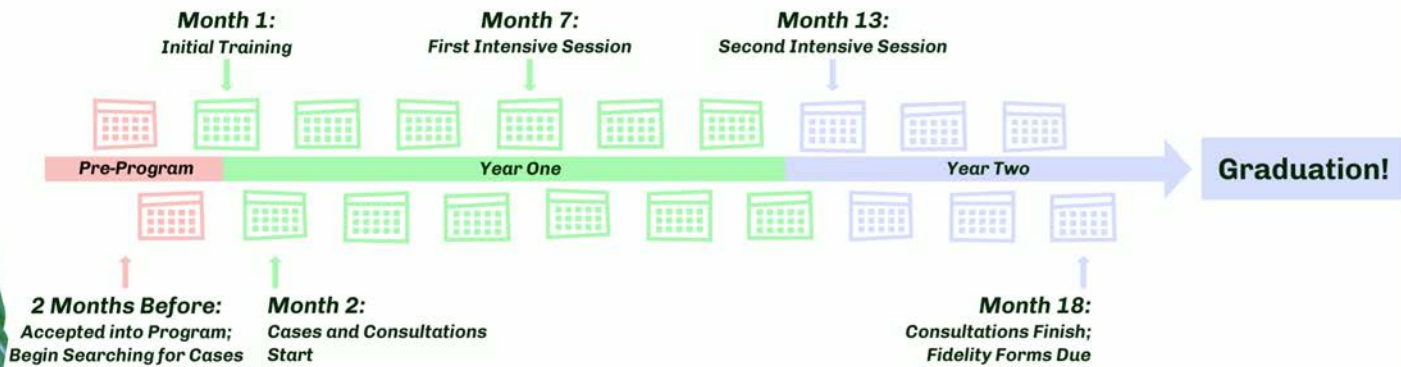
Nebraska Child Parent Psychotherapy
Learning Collaborative

<https://www.nebraskababies.com/cpp-provider-contact-list>

Child Parent Psychotherapy Initial Assessment Report

- ▶ Parent Child Assessment and Therapy - Initial Parent Interview/Adult Attachment Interview
- ▶ Trauma Assessment of each caregiver -Make recommendations for parent needs so that they can participate in CPP
- ▶ Ghost and Angels in the nursery
- ▶ Trauma Assessment of the child
- ▶ Developmental Assessment - Make referrals for OT, PT, ST, etc
- ▶ Sensory Screening - Make referrals for outpatient OT for Sensory Integration
- ▶ Crowell Assessment - Observational Assessment of the dyad

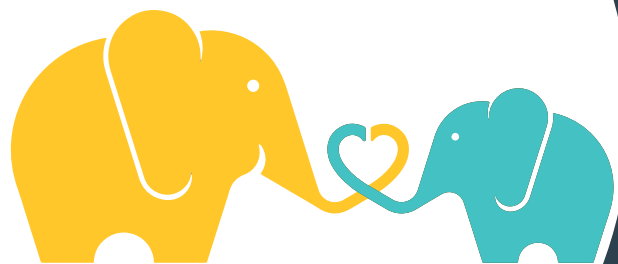
Nebraska Child-Parent Psychotherapy Learning Collaborative Training Program Timeline



CPP Training

- ▶ Initial 3 day Training
- ▶ 6-month 2 day Intensive Training
- ▶ 12-month 2 day Intensive Training
- ▶ 18 months of twice monthly clinical supervision/reflective practice calls
- ▶ 2 case presentations
- ▶ Fidelity of practice





Save the Date

2021 Child-Parent Psychotherapy Training Program

Apr. 26-28 2021 Learning Session I	Oct. 28-29 2021 Learning Session II	Apr. 7-8 2022 Learning Session III
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Applications open Jan. 2021

Learn more and register at
nebraskababies.com/cpp



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For more information

- ▶ Visit our website: nebraskababies.com
 - ▶ More information on becoming a CPP Provider
 - ▶ CPP training requirements and process
 - ▶ Nebraska's CPP Provider List
 - ▶ Register to start training April 26 & 27 2021

CPP Training Information Webinar

If you have questions about the training program, we are offering a free webinar next month with more information about the process. This webinar will provide details about the Child-Parent Psychotherapy training process and will give you more information on how you will provide this evidence-based practice in your work. There will be an open discussion time for questions.

This webinar will take place on **February 3rd** from **12 to 1 PM CT**.



Register at www.nebraskababies.com/events

Websites and References

- ▶ www.childtrauma.org (Bruce Perry)
- ▶ www.developingchild.harvard.edu
- ▶ www.nctsn.org
- ▶ www.samhsa.gov
- ▶ www.zerotothree.org
- ▶ How Brains are Built: The Core Story of Brain Development, Video, Alberta Family Wellness
- ▶ Institute for Learning and Brain Science, Video
- ▶ Lieberman, Alicia and Van Horn, Patricia (2005). Don't Hit My Mommy. Washington D.C., Zero to Three Press.
- ▶ Lieberman, Alicia, Silverman, Robin, & Pawl, Jeree (2005). Infant-Parent Psychotherapy: Core Concepts and Current Approaches. Handbook of Infant Mental Health, Second Ed.
- ▶ Osofsky, Joy and Lieberman, Alicia, (2011). A Call for Integrating a Mental Health Perspective Into Systems of Care for Abuse and Neglected Infants and Young Children. American Psychological Association, Vol 6, Number 2.
- ▶ Powell, B, Cooper, G, Hoffman, K and Marvin B (2014). The Circle of Security Intervention. New York, NY, Guilford Press.

Website: www.nebraskababies.com

Twitter: [@NebraskaBabies](https://twitter.com/NebraskaBabies)

The screenshot displays the website's interface. On the left, there is a sidebar with a search bar for 'Title', a disclaimer, and search filters for 'Last name' and 'State'. The main content area is divided into two sections: 'Resources' and 'Upcoming Trainings'. The 'Resources' section shows a document titled 'Assessment Navigation' with a 'Download' button. The 'Upcoming Trainings' section lists five events in green boxes, each with a date, time, title, and platform.

Resources

Search by Last name:

Search by State:

Click on any last name to view all resources

Upcoming Trainings

Date	Time	Title	Platform
SEP 14	9AM	Early Childhood Mental Health Community of Practice	ONLINE - ZOOM VIDEO CONFERENCING
SEP 25	9AM	Understanding and Screening for Trauma for Young Children	VIRTUAL TRAINING - ZOOM VIDEO CONFERENCING
OCT 8	12PM	Nebraska Center on Reflective Practice Awareness Webinar October 2020	ZOOM CLOUD MEETING PLATFORM
DEC 3	9AM	Understanding and Screening for Trauma for Young Children	VIRTUAL TRAINING - ZOOM VIDEO CONFERENCING
DEC 7	2PM	Nebraska Center on Reflective Practice Awareness Webinar December 2020	ZOOM CLOUD MEETING PLATFORM

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