

## Benefits to child and family

- Reduces child's posttraumatic stress symptoms
- Reduces child's anxiety and depression
- Builds child's ability to regulate emotions
- Increases child's cognitive functioning
- Improves child's behavioral problems including aggression and attentional difficulties
- Reduces caregiver distress
- Enhances caregiver empathy and support for their children



CPP services are provided through a collaborative agreement between the University of Massachusetts Medical School's Child Trauma Training Center (CTTC) and trained clinical providers who offer CPP treatment throughout Massachusetts.

Sources:  
[www.nctsn.org](http://www.nctsn.org)  
<http://www.nrepp.samhsa.gov/ViewIntervention.aspx?id=194>  
<http://childtrauma.ucsf.edu/ CPP%20Training%20Summary.pdf>

For a referral please call:  
**1.855.LINK.KID**

## Child Parent Psychotherapy (CPP)

*A Parent's Guide*



Child Trauma Training Center

*Linking Families, Training Providers, Informing Communities*

1-855-LINK-KID



*Funded by the CBH Knowledge Center @ the MA Department of Mental Health*





Dealing with trauma is hard. Each trauma is unique. Caregivers want to offer the best support they can for a child, but sometimes it's hard to know where to start.

### What is CPP?

CPP (Child Parent Psychotherapy) is a type of intervention designed for young children who have experienced traumatic life events. CPP focuses on the way these traumatic events have impacted the child and caregiver relationship and seeks to improve the relationship between caregiver and child while restoring the child's sense of safety and overall functioning.

### Why choose CPP?

The CPP model understands that each child is unique and therefore therapy is tailored to the child's age and developmental status. Research supports that the CPP model is more effective than therapy as usual for traumatized children.

***Children and caregivers show significant improvement in posttraumatic stress reduction and children show improvement in behavioral and attachment.***

### Who can use CPP?

CPP is designed for young children between the ages of 0 and 5 who have significant emotional and behavioral problems related to a traumatic event or a series of traumatic events.

### What happens in CPP?

- Treatment involves weekly hour long sessions with parent or caregiver and child.
- The length of treatment varies, but on average lasts about one year.
- The treatment varies depending on the child's age and developmental level.
- Treatment in infants might focus on helping the caregiver understand what the caregiver and child have gone through and how this might affect the child's behavior and development.
- Treatment for toddlers and preschoolers might include a more active component for the child including play as a means of communication.
- The main goal is to strengthen the caregiver - child relationship.

### What results will I see?

Children receiving CPP experience significant improvement in:

- Behavioral problems
- Posttraumatic stress disorder
- Emotional regulation
- Cognitive functioning
- Caregiver empathy