



Oregon 2022 CPP LC Begins September 2022

Department of Human Services
1300 NW Wall St, Bend OR 97703

Child-Parent Psychotherapy Overview

CPP is an intervention model for children aged 0-5 who have experienced traumatic events and/or are experiencing mental health, attachment, and/or behavioral problems. A central goal is to support and strengthen the caregiver-child relationship as a vehicle for restoring and protecting the child's mental health. Treatment also focuses on contextual factors that may affect the caregiver-child relationship (e.g. cultural norms and socioeconomic and immigration-related stressors). For children exposed to trauma, caregiver and child are guided over the course of treatment to create a joint narrative of the traumatic event and to identify and address trauma triggers that lead to dysregulated affect and behavior.

For information about the research on CPP, including the five randomized trials conducted on the model, please visit our website: <http://childparentpsychotherapy.com/about/research/>

Training Overview

Greater Oregon Behavioral Health Inc (GOBHI) will be holding an 18-month long Child-Parent Psychotherapy (CPP) Learning Collaborative in Oregon beginning in September of 2022.

Learning Session 1 will be held in-person in Bend, Oregon on **September 28, 29, 30. 9am - 4:30pm**

- If COVID safety restrictions are re-instated, virtual training will be held over zoom over 4 half-days.
September 23, 27, 28, 29, 30 9am - 2:30pm

Training components include:

1. Participate in initial core CPP didactic training - 42 content hours
 2. Read the CPP manual (see training materials below)
 3. Provide CPP to children under age 6 who have experienced at least one trauma (see Training Agreement for specific details)
 4. Participate in reflective CPP supervision
 5. Participate in ongoing CPP consult calls - twice monthly phone or video-based consultation for 18 months conducted by an endorsed CPP consultant
 6. Case presentation - prepare and present at least twice on consult calls
 7. Participation in intensive CPP competency building workshops (2 days each, approximately 6 months and 12 months after the initial didactic training)
 8. Fidelity monitoring - completion of CPP fidelity instruments and LC evaluation tools
 9. Complete data metrics needed for funders of this training
 10. For supervisors: Supervisor call to discuss CPP supervision
- Please ensure that your agency leadership and all members of your team who might be part of the training are aware of the core components and minimum training requirements for a CPP
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Implementation Level Course. They can do this by visiting our website:

<http://childparentpsychotherapy.com/providers/training/lc/>

- Please also review the CPP Training Agreement:

<https://childparentpsychotherapy.com/wp-content/uploads/2020/11/ CPP-Training-Agreement-2020.pdf>

Training Faculty

Ann Chu, PhD is Associate Director of Dissemination and Implementation at the Child Trauma Research Program (CTRP) and Associate Clinical Professor at the University of California, San Francisco. Dr. Chu received her PhD in clinical child psychology at the University of Denver. She completed her predoctoral internship training and postdoctoral fellowship with the Clinical Psychology Training Program at the University of California, San Francisco, where she first received training in CPP. She was a faculty member at the University of Denver Psychology Department for several years. She then served as Program Director at A Better Way, a San Francisco-based non-profit providing community-based mental health and parent support services to children and families involved in the child welfare system. She has focused a significant part of her career studying and working with families from minority and disadvantaged backgrounds. Her research examines how trauma impacts vulnerable populations (e.g., young children, youth in foster care, childhood sexual abuse survivors).

Training Eligibility

- We typically train agency teams rather than individual therapists as we feel that working with young children who have experienced trauma requires the support of a team. Moreover ongoing reflective practice with a supervisor or colleague is a core part of CPP.
- Any private practitioners applying to a CPP training should form teams committed to supporting each other and meeting at least twice monthly for reflective consultation at least for the duration of the learning collaborative.
- All clinical team members seeking to complete training and be eligible for the CPP roster must be master's or doctoral-level psychotherapists with a degree in a mental health discipline
- If any participating team members are not yet licensed, they must be supervised by a licensed team member who also participates in the training

Training Materials

Participants are required to have access to the required materials during the 18-month training period. It is preferable if they can read the manual prior to beginning training. During training, CPP trainers provide participants with electronic links to training handouts and to other free CPP materials, including the fidelity instruments and evaluation tools.

- **Required:** Child-Parent Psychotherapy Manual
Lieberman, A.F., Ghosh Ippen, C., & Van Horn (2015). *Don't hit my mommy: A manual for Child-Parent Psychotherapy with young children exposed to violence and other trauma*, Second Edition. Washington, DC: Zero to Three.
- **Strongly Recommended:** Book Describing Conceptual Framework, Intervention Modalities and Case Examples
Lieberman, A.F. & Van Horn, P. (2008). *Psychotherapy with infants and young children: Repairing the effects of stress and trauma on early attachment*. New York: The Guilford Press.
- **Optional:** Adaptation of CPP for Traumatic Bereavement

Lieberman, A.F., Compton, N.C., Van Horn, P., Ghosh Ippen, C. (2003). *Losing a parent to death in the early years: Guidelines for the treatment of traumatic bereavement in infancy*. Washington D.C.: Zero to Three Press.

Training Time

Participating sites should budget time for the following activities:

- Reading the manuals
- Participation in 42 content hours of training (spread out over the 18-month period)
- Participation in twice monthly hourly case consultation calls
- Presenting on at least two consultation calls (including time to complete a write up)
- Participation in reflective CPP supervision in the agency, ideally weekly but at a minimum *twice a month*
- Completion of clinical measures, fidelity forms, and evaluation of the training
- Provision of CPP services
- Data collection and learning collaborative metrics

Training Cost

This Learning Collaborative is funded by the Oregon Health Authority and coordinated by Greater Oregon Behavioral Health Inc (GOBHI) and is free of charge to participants. Agencies/participants are responsible for travel to Bend, Oregon 3 times during the training for Learning Sessions 1, 2, and 3 for a total of 7 days.

Next Steps

If your agency has **not** participated in a CPP Learning Collaborative previously, please

1. Review the eligibility criteria and the training components to ensure that your agency has the structural support for this training.
2. Complete the [Agency Readiness to Implement survey](#).

If your agency has been trained in CPP previously, please email Ann Chu (ann.chu@ucsf.edu) to indicate interest in participating in this upcoming Learning Collaborative.