

Child Parent Psychotherapy

CPP is a mental health treatment for children aged 0-6 years. Typically, the child is seen with his or her primary caregiver. A central goal is to support and strengthen the caregiver-child relationship as a vehicle for restoring and protecting the child’s mental health. **CPP** examines how the trauma and the caregivers’ relational history affect the caregiver-child relationship and the child’s developmental trajectory. Treatment focuses on the caregivers’ and children’s maladaptive representations of themselves and each other and interactions and behaviors that interfere with the child’s mental health. Over the course of treatment, caregiver and child are guided to create a joint narrative of the psychological traumatic event and identify and address traumatic triggers that generate dysregulated behaviors and affect. Average length of treatment is 50 weekly sessions.

Agency	Location
New Directions Northwest, Inc., Behavioral Health & Wellness	2200 4th Street Baker City, OR 97814 541-523-3646
Community Counseling Solutions	104 SW Kinkade Boardman, OR 97818 541-481-2911 AND 120 South Main Heppner, OR 97836 541-763-2746
Lifeways Outpatient Children Services	331 SE 2nd Street Pendleton, OR 97801 541-276-6207
Lifeways Inc.	595 NW 11th Hermiston, 97838 541-567-2536

Child Parent Psychotherapy

Center for Human Development	2301 Cove Ave La Grande, OR 97850 541.962.8853
Wallowa Valley Center for Wellness	2017 SW 1st Street Enterprise, OR 97828 541-426-4524 x1031
Kaleidoscope Child & Family Therapy	1705 Main Street, Suite 100 Baker City, OR 97814 541-523-5424
Community Counseling Solutions	528 E Main St. Ste E John Day, OR 97845 541-575-1466
Symmetry Care	348 West Adams Burns, OR 97720 331 SE 2nd Street Pendleton, OR 97801 541-276-6207
Mid-Columbia Center for Living	207 West 3rd Street The Dalles, OR 97058 541-296-5452 x8138
Inner Pathways, PC	704 Columbia Street Hood River, OR 97031 541-490-5831
Columbia Community Mental Health	58646 McNulty Way St. Helens, OR 97051 503-397-5211

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Children’s Relief Nursery	1340 East Main Street Hillsboro, OR 97123 503-283-4776 503-597-6089 ext. 5772
Clatsop Behavioral Healthcare	2120 Exchange Street Astoria, OR 97103 503-325-5722
Center for Family Development	(Eugene)
Community Health Alliance	(Roseburg)
Community Resource Network/Lifeworks NW	(Portland)
Deschutes County Mental Health	(Bend)
Family Nurturing Center Relief Nursery	(Medford)
Impact NW	(Portland)
Inner Pathways, PC	(Hood River)
Jackson County Mental Health	(Medford)
Kairos Northwest	(Grants Pass)
Kinship House	(Portland)
Lake County Mental Health	(Lakeview)
Lane County Behavioral Health	(Eugene)
Lifeways Outpatient Children’s Services	(Pendleton)
Lifeworks NW Clackamas County	
Lifeworks NW, Relief Nursery	(Portland & Gladstone)
Options Counseling & Family Services	(Eugene)
Marion County Children's Behavioral Health	(Salem)
Relief Nursery, Inc.	(Eugene)