



nh healthy families.

2 Executive Park Drive
Bedford, NH 03110

Child Parent Psychotherapy (CPP)

What is Child Parent Psychotherapy?

- An evidence-based, culturally-informed approach to treating traumatic stress in young children and extending the basic principles of infant-parent psychotherapy to children aged birth to five.
- Treatment is based in attachment theory but also integrates psychodynamic, developmental, trauma, social learning and cognitive behavioral theories.
- Therapeutic sessions include the child and parent or primary caregiver
- Supports family strengths and relationships
- Helps families heal and grow after stressful experiences
- Respects family and cultural values

CPP may help when children have been through painful or scary events such as:

- Loss of a loved one
- Separation
- Serious medical procedures
- Abuse or violence at home or in the community
- Children show difficult behavior
- Children have a change in placement or caregivers
- Family members have physical health or mental health difficulties

What does CPP look like?

- CPP sessions concentrate on parent–child interactions to support and foster healthy coping, affect regulation, and increase appropriate reciprocity between parent and child.
- Initial individual sessions with the parent/caregiver to discuss the emerging assessment findings, agree on the course of treatment, and plan how to explain the treatment to the child.
- Weekly joint child–parent sessions are conducted while the parent/caregiver continues individual sessions.

- Sessions concentrate on changing maladaptive behaviors
- Supporting developmentally appropriate interactions and:
- Guiding the child and parent/caregiver to create a joint narrative of the traumatic events while working toward their resolution.

Although the goals of CPP may be pursued through various therapeutic modalities, the emphasis of the therapy sessions is always on the parent–child interaction.

To find a CPP in New Hampshire visit the link: [Here](#)

Reference: <http://childparentpsychotherapy.com>