

Child-Parent Psychotherapy (CPP)

Partnering with Families to Heal and Grow

What Is Child-Parent Psychotherapy (CPP)?

Child-Parent Psychotherapy (CPP) is an evidence-based treatment for young children from birth through age 5 and their parents or caregivers. CPP helps families recover and heal after stressful and traumatic events by strengthening the bond between parent and child by:

- Supporting family strengths and relationships
- Helping families heal and grow after stressful experiences
- Respecting family and cultural values
- Based in attachment theory and informed by developmental, trauma, and cognitive behavioral approaches

CPP May Help When...

CPP may be a good fit for your family if:

- Your child has been through scary or painful events such as loss of a loved one, separation, serious medical procedures, abuse, or violence at home or in the community
- Your child is showing difficult or challenging behaviors
- Your child has experienced a change in placement or caregivers
- Family members are experiencing physical health or mental health difficulties
- You would like help with parenting and improving your relationship with your child

How Does CPP Work? Three Stages Working Together

STAGE 1: Getting to Know Your Family	STAGE 2: Working Together on Healing	STAGE 3: Wrapping Up and Planning Ahead
<p>The CPP provider meets with parents/caregivers to understand the family's needs, strengths, values, and experiences. Brief questionnaires may be used to better understand needs and to help connect the family to additional supports when appropriate. The CPP provider and family then develop a plan and goals for CPP.</p>	<p>Most weeks, the child and caregiver attend sessions together. The CPP provider uses play and conversation to help children express feelings, strengthen the caregiver child relationship, and build skills for coping with trauma reminders and challenging behaviors. Caregiver only check-ins may be included when helpful.</p>	<p>The CPP provider reviews progress with the family, celebrates growth, and supports the caregiver and child in talking about feelings that can come with endings. The provider also helps create a plan for next steps and ongoing supports so the family can continue building on what worked.</p>

What Does the Research Show?

CPP has a documented evidence base including randomized trials and real world effectiveness studies and is designed to reduce trauma related symptoms while strengthening the caregiver child relationship. Research describes improvements in stress related biology such as cortisol and other stress sensitive markers, reinforcing the link between relational healing and health.

[See reverse side for resources](#) →



Download the CPP Brochure

For a printable overview of CPP, download the official brochure: https://childparentpsychotherapy.com/wp-content/uploads/2025/06/cpp_brochure_english.pdf.



Find a CPP Provider

CPP is available at most Community Mental Health Centers (CMHCs) throughout New Hampshire. You can visit the national CPP provider roster at childparentpsychotherapy.com.



Learn More

Department of Health and Human Services:
<https://childrensbehavioralhealthresources.nh.gov/families-youth/treatments-supports/child-parent-psychotherapy-cpp>.

National Child Traumatic Stress Network: <https://www.nctsn.org/interventions/child-parent-psychotherapy>.

New Hampshire Community Behavioral Health Association:
<https://nhcbha.org/>.

Official CPP Website: childparentpsychotherapy.com.