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.

Therapeutic sessions include the child and parent or primary caregiver. If clinically indicated, treatment may include multiple caregivers and/or siblings with the format of sessions determined jointly with the caregivers after learning about the needs of different family members during the Foundational Phase of treatment.

For information about the research on CPP, including the five randomized trials conducted on the model, please see the Child-Parent Psychotherapy Research Summary: http://childparentpsychotherapy.com/about/research/

This training is being offered by the Early Trauma Treatment Network for providers working in rural (non-metropolitan areas) with families involved with the child welfare system.

Child-Parent Psychotherapy Learning Collaborative Objectives
● Through an 18-month long training, participants will gain core CPP knowledge and competencies to enable them to adopt CPP
● Participating agencies will increase their capacity to provide an evidence-based trauma treatment for children in the birth to six age range

Training Overview and Components
The Tulane site of the Early Trauma Treatment Network will be holding an 18-month long Child-Parent Psychotherapy (CPP) Learning Collaborative in New Orleans, Louisiana beginning February 5-7, 2019.

The Learning Collaborative model is the dissemination strategy used by the National Child Traumatic Stress Network to support uptake of best practices. What sets an LC apart from traditional training is the intensive focus on learning-by-doing. A Learning Collaborative includes in-person trainings or “learning sessions,” intensive consultation, and peer-to-peer learning within and across organizations. This training
meets criteria for an Implementation-Level CPP Course. Participants who complete training will be eligible for the roster of trained CPP clinicians.

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 Implementation Level Course: http://childparentpsychotherapy.com/providers/training/lc/

They will also be completing the CPP Training Agreement and should review it: https://docs.google.com/document/d/1a1vVhM_jXWzb4ecxDt2RbTPQdzwCp2fCJOGCRGjUaq0/edit?usp=sharing

Training components include:

- Reading the CPP manuals (see training materials below)
- Three face-to-face learning sessions
  - Learning Session 1: 3-day Core CPP Didactics: February 5-7, 2019
  - Learning Session 2: 2-day Intensive CPP Competency Building Workshop: July 15–16, 2019
  - Learning Session 3: 2-day Intensive CPP Competency Building Workshop: February 4-5, 2020
- Conducting CPP with families (see video for specifics)
- Twice monthly phone or video case-based consultation for 18-months conducted by an endorsed CPP consultant, with each participant presenting their work twice
- Agency-based CPP reflective supervision. Reflective supervision provides the supervisee and supervisor with an opportunity to think about the family, the CPP model, the emotional content of the work, the supervisee’s emotional reactions, the case conceptualization, specific interventions the supervisee did and might do in the future, and new skills and knowledge of the supervisee
- This can take place either individually or in groups, with meetings occurring ideally on a weekly basis and at a minimum 2 times per month (on weeks when there is no consultation call)
- Completion of CPP fidelity instruments and evaluation tools

**CPP Sustainability**

Participants who are interested in learning how CPP may be sustained following the initial 18-month Learning Collaborative, may find more information on our website: http://childparentpsychotherapy.com/providers/training/camp/

**Training Faculty**

**Julie A. Larrieu, PhD**, is a developmental and clinical psychologist. She is a Professor of Psychiatry and Behavioral Sciences at Tulane University School of Medicine, and a senior trainer at the Institute for Infant and Early Childhood Mental Health. For over two decades, Julie has been a member of a multidisciplinary team working with infants and young children who have been maltreated, and their caregivers. Julie is also Director for the Tulane site of the Early Trauma Treatment Network. This program within the National Child Traumatic Stress Network is funded by the Substance Abuse and Mental Health Services Administration, and provides child-parent psychotherapy for children from birth to six years who have experienced interpersonal violence and other types of trauma. She is an endorsed national and international CPP trainer.

**Devi Miron Murphy, PhD** is a licensed school and clinical psychologist. She is an Associate Professor of Psychiatry and Behavioral Sciences at Tulane University School of Medicine. Since 2006, she has been a
member of a multidisciplinary team working with infants and young children who have been maltreated, and their caregivers, who are involved with the child welfare system. She is a member of the Early Trauma Treatment Network and is working on materials related to resource parents and children in foster care. She is an endorsed national CPP trainer.

**Training Eligibility**

- We typically train agency teams rather than individual therapists (please see CPP Learning Collaborative Model video for additional information)
- Agencies chosen must be located in and serve children and caregivers who live in rural areas and are involved with the child welfare system
- 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 CPP training

**Training Cost**

This training is offered through a grant from the National Child Traumatic Stress Network that will cover the base cost for participating in this Child-Parent Psychotherapy training. Costs for the training materials (the manual and other recommended books), travel, hotel, meals, and transportation are assumed by the participant/agency.

**CEUs**

This activity will not offer CEUs.

**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 many of the evaluation tools.

- **Required**: Child-Parent Psychotherapy Manual
- **Strongly Recommended**: Book Describing Conceptual Framework, Intervention Modalities and Case Examples
- **Optional**: Adaptation of CPP for Traumatic Bereavement

**Training Time**

Participating sites should budget time for the following activities:

- Reading the manual/books
- Participation in 7 face-to-face days of training
- Participation in twice monthly case consultation calls
● Presenting on at least two consultation calls (including time to complete a write up)
● Participation in reflective CPP supervision, ideally weekly but at a minimum twice a month
● Completion of clinical measures, fidelity forms, and evaluation of the training
● Providing CPP services
● Data collection and learning collaborative assessments

If Interested, Next Steps
Please complete the Readiness to Implement Survey here:
Here is the link: https://goo.gl/forms/MtygAF5wsNeNFLQl2

We will be reviewing the survey results after receiving your survey and we will contact you.

If you have questions, contact Julie Larrieu at jlarrie@tulane.edu or Devi Miron Murphy at dmiron@tulane.edu

By telephone: 504-988-5405

Thank you!