



## **We are expanding CPP to new areas! Virtual LC 2025**

Begins January 13-17, 2025

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The Child Trauma Research Program will be sponsoring an 18-month long Child-Parent Psychotherapy (CPP) Learning Collaborative virtually via Zoom beginning in January 2025.

**This LC is focused on expansion into rural states with minimal CPP capacity. We are specifically hoping to recruit agency teams from the following states: Montana, Idaho, Wyoming, North Dakota, South Dakota.**

### **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 visit our website: <http://childparentpsychotherapy.com/about/research/>

### **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 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. An LC 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. They can do this by visiting our website:

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

They will also be completing the CPP Training Agreement and should review it at:

<http://childparentpsychotherapy.com/wp-content/uploads/2018/03/ CPP-Training-Agreement-2018.pdf>

Training components include:

1. Pre-training orientation (90 minutes) 6 weeks-3 months prior to training.
2. Participate in initial core CPP didactic training
3. Read the CPP manual (see training materials below)
4. Provide CPP to children under age 6 who have experienced at least one trauma (see Training Agreement for specific details)
5. Participate in reflective CPP supervision
6. Participate in ongoing CPP consult calls - twice monthly phone or video-based consultation for 18 months conducted by an endorsed CPP consultant
7. Case presentation - prepare and present at least twice on consult calls
8. Participation in intensive CPP competency building workshops (2 days each, approximately 6 months and 12 months after the initial didactic training)
9. Fidelity monitoring - completion of CPP fidelity instruments and LC evaluation tools
10. Any additional learning collaborative metrics needed for this training

## Training Faculty



**Phillip Stepka, Psy.D.** Over the past 20 years, Dr. Stepka has trained and worked in a variety of clinical, research, and academic settings with infants, children, adolescents, adults, and families. He completed his psychology internship and post-doctoral fellowship at the Louisiana State University Health Sciences Center-New Orleans and later continued on as clinical faculty in the Psychiatry Department and teaching faculty at the Chicago School of Professional Psychology. He is a member of the Child Parent Psychotherapy (CPP) Global Steering Committee; an endorsed CPP National Trainer; and is actively involved in the training of mental health practitioners at the individual, agency, university, state, and national level. Dr. Stepka co-authored the

book "Treating Infants and Young Children Impacted by Trauma: Interventions that Promote Healthy Development" and has been involved in research/publications addressing infant mental health, sexual abuse, and military families. Additionally, he has maintained a clinical private practice since 2010 and provides services to residents of Louisiana, Florida, Texas, and PsyPact States (<https://psypact.site-ym.com/page/psypactmap>).

## 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.

- We are focused on recruiting agency teams from the following states: Montana, Idaho, Wyoming, North Dakota, South Dakota..
- 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
- A CPP LC is not considered intensive enough for an intern to learn CPP. Implementation-level training for interns is available through endorsed CPP internships:  
<https://nrepp.samhsa.gov/Legacy/ViewIntervention.aspx?id=194>

## Training Cost

For qualified agency teams this training will be provided *free of charge* through the generous support of SAMHSA as part of the National Child Traumatic Stress Network.

## CEs

The Child Trauma Research Program is approved by the American Psychological Association to sponsor continuing professional education for psychologists. CTRP maintains responsibility for this program and its contents. CEs will be offered for the 3 Learning Sessions, totalling 42 content hours.

## 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
- 90 minute pre-meeting orientation
- Participation in 5 4.5 hour days for Learning Session 1 and 4 4.5 hour days each for LS2/LS3
- 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

## If Interested

Please complete the expression of interest survey to indicate your interest and to acknowledge that you have reviewed and are able to engage in all the training components and that you believe your team members meet eligibility criteria.. A member of our team will follow up with you.

Expression of Interest Survey: <https://forms.gle/Rdb1z2rmyLWifB7T7>

## Next Steps

We will be reviewing expressions of interest and will contact you. There will be an additional application and/or conversation to assess organizational and individual readiness to implement CPP.