Child-Parent Psychotherapy
in Sweden and Norway
Dissemination through a clinical and academic training collaborative, research, and the formation of a nordic network.

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CONCLUSION
CPP represents a crucial addition to the services available for young children in Sweden and Norway. Several facilitators of implementation have been identified, including opportunities for reflective practice, collegial and methodological support, and a clear strategy and for training, implementation, and sustainability at the systems level.

INTRODUCTION
Effective and evidence-based treatments for children aged 0-6 exposed to trauma are scarce in both Sweden and Norway. Child-Parent Psychotherapy (CPP) is a diversity informed treatment model developed specifically for children aged 0-6 and their caregivers affected by the consequences of trauma.

RESEARCH
A feasibility study indicated that CPP was appropriate without particular adjustments in the Swedish context. The method was appreciated by clinicians and families, and the positive results from international (US) studies seemed to be similar in a Swedish context.

AIM
To improve services for young children, CPP was introduced in Sweden and Norway, where the model had not been previously practiced.

TRAINING
To date, two Swedish and three Norwegian trainers have been trained. Trainings are continuously offered, and 10 cohorts and approximately 190 clinicians have been trained.

IMPLEMENTATION AND SUSTAINABILITY
The implementation of CPP in Sweden and Norway has been realized in close cooperation and with the support of the Child Trauma Research Program, University of California, San Francisco.

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