NEW FINDING: Child-Parent Psychotherapy reduces the impact of trauma on cellular aging

A new study examined **cellular aging** in two groups of children, aged 2 to 6 years, who all experienced trauma.

One group received **Child-Parent Psychotherapy (CPP).**

The comparison group did not.

Children who received CPP had lower Epigenetic Age Acceleration after treatment compared to the no-treatment group.

Why study trauma and cellular aging?

Trauma exposure accelerates the normal process of cellular aging. **Epigenetic Age Acceleration (EAA)** is associated with greater health problems, including cardiovascular disease, cancer, and stroke.

What is CPP?

CPP is an attachment-based trauma treatment for children under age 6 that promotes physical and emotional safety between child and caregiver. Extensive research shows that CPP results in improvements in child and caregiver mental health.

What does this finding mean?

The children who received **CPP** may be at lower risk for health problems later in life.

TAKEAWAY

Invest early for better health. Treating early childhood trauma heals now and has the potential to improve physical health later.

ChildParent Psychotherapy

Sullivan, Merrill, et al., Kobor, Lieberman, Bush 2024; *Psychological Science*