Child-Parent Psychotherapy (CPP)

An evidence-based approach for treating early childhood stress and trauma

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1

Learning Outcomes

- Be able to describe what Child-Parent Psychotherapy (CPP) is.
- Identify eight child behaviors that may suggest that the child needs help.
- Identify caregiver factors that may indicate that additional support is needed.
- Know how to access research and additional resources.
- Be able to locate treatment providers.



2

About CPP

- Developed at the Child-Trauma Research Program, University of California, San Francisco
- Alicia F. Lieberman, developer of CPP
- Five randomized control trials
- Improvements in children's moods, problem behaviors, learning, trauma symptoms, decreased biological stress (cortisol)
- Improvements in the parent-child relationship
- Improvements in parents' mood, parenting stress, trauma symptoms, and partner relationship



3

About CPP

- Evidenced based
- Children age 0-5
- Supports family strengths & relationships
- Helps families grow and heal after stressful events
- Respectful of family and cultural values
- In-person or remote



4

About CPP

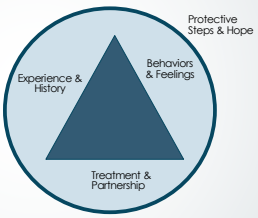


- Stage 1: Learning about the family
  - Meet with parents/caregivers
  - Identify needs, challenges, strengths, values, and history
  - Treatment planning – triangle
- Stage 2: Working with the family, addressing goals and needs
  - Dyadic – child and parent/caregiver
  - Use toys and play
- Stage 3: Wrapping up and planning for the future

5

About CPP

- Treatment Triangle



6

Research Findings

- Lieberman, A.F., Van Horn, P.J., & Ghosh Ippen, C. (2005). Toward evidence-based treatment: Child-Parent Psychotherapy with preschoolers exposed to marital violence. *Journal of the American Academy of Child and Adolescent Psychiatry, 44*, 1241-1248.
- Outcome measure child
  - Structured Interviews

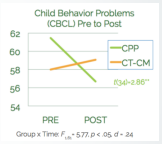


- CPP group showed greater reductions in traumatic stress symptoms (d = .63).
- Posttest: CPP group showed significantly fewer children met criteria for PTSD (6%), while the CT-CM group showed no significant change (36%).

7

Research Findings

- Lieberman, A.F., Van Horn, P.J., & Ghosh Ippen, C. (2005). Toward evidence-based treatment: Child-Parent Psychotherapy with preschoolers exposed to marital violence. *Journal of the American Academy of Child and Adolescent Psychiatry, 44*, 1241-1248.
- Outcome measure child
  - Child Behavior Checklist (CBCL)

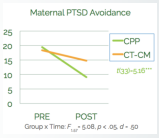


- CPP children showed greater reductions in total behavior problems (d = .24).

8

Research Findings

- Lieberman, A.F., Van Horn, P.J., & Ghosh Ippen, C. (2005). Toward evidence-based treatment: Child-Parent Psychotherapy with preschoolers exposed to marital violence. *Journal of the American Academy of Child and Adolescent Psychiatry, 44*, 1241-1248.
- Outcome measures:
  - Symptoms Checklist-90 Revised
  - Clinician-Administered PTSD Scale

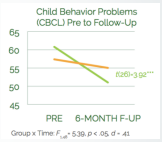


- CPP mothers showed significant reductions in avoidant behaviors (d = .50).

9

Research Findings

- Lieberman, A.F., Ghosh Ippen, C., Van Horn, P.J. (2006). Child-Parent Psychotherapy: **Six-month** follow-up of a randomized control trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, 45(8), 913-918..
- Outcome measure:
  - Child Behavior Checklist (CBCL)

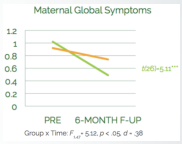


- CPP children showed greater reductions in total behavior problems (d = 41).

10

Research Findings

- Lieberman, A.F., Ghosh Ippen, C., Van Horn, P.J. (2006). Child-Parent Psychotherapy: **Six-month** follow-up of a randomized control trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, 45(8), 913-918.
- Outcome measure:
  - Symptoms Checklist-90 Revised
  - Clinician Administered PTSD Scale



- CPP mothers showed significantly greater reductions in general distress (d = 38).

11

Eight Child Behaviors

- Easily upset by noise, touch, smells, tastes, open or busy space
- Frequent health problems
- Continued problems with body functions
- Serious developmental delays

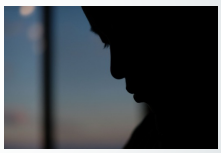


- Emotional difficulties
- Challenging behaviors
- Relationship difficulties
- Other common responses to a scary or painful event
  - Bad dreams
  - Easily scared
  - Avoiding reminders
  - Sudden change in mood
  - Spacing out
  - Worrying about bad things
  - Looking for danger
  - Age inappropriate sexual behaviors

12

Care Giver Risk Factors

- Moderate-Severe Depression
- Trauma
- Stress
- Domestic Violence
- Significant Medical Conditions
- High ACE Score
- Community Violence
- Untreated Mental Illness
- Substance Use
- Cultural Violence



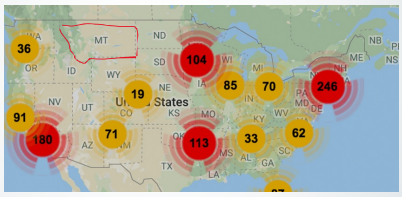
13

Additional Resources

- Child Parent Psychotherapy website, https://childparentpsychotherapy.com/
- Research articles, https://childparentpsychotherapy.com/about/research/.
- Alicia F Lieberman, PhD talks about Ghosts and Angels in the Nursery, https://www.youtube.com/watch?v=sd5kmUwUI6I8.
- Chandra Ghosh Ippen, PhD discusses the Child Parent Psychotherapy Clinical Formulation Triangle, https://www.youtube.com/watch?v=LI3-i7a2610

14

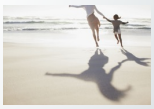
Finding a CPP Provider



15

Learning Outcomes

- Explained Child-Parent Psychotherapy (CPP).
- Discussed the eight child behaviors that may suggest that the child needs help.
- Identified caregiver factors that may indicate that additional support is needed.
- Provided links to additional resources.
- Described how to contact treatment providers.



16