

Child-Parent Psychotherapy (CPP) is an effective and evidence-based treatment for young children who have experienced trauma and are exhibiting posttraumatic stress, emotional, attachment, or behavioral symptoms. It has been shown to reduce behavior problems, strengthen parent-child attachment, and improve mental health functioning. Agencies seeking to provide CPP must commit to key therapist support and agency infrastructure requirements, detailed below.

Please review the checklist and ensure that your agency can commit to the following:

Trainee Qualifications, Caseload, and Training Requirements

Allowing and facilitating all trainees' time away from clinical and non-clinical duties to participate in virtual training, 13, half-day virtual trainings throughout the 18-month training period. Virtual trainings consist of a 5, half-day initial workshop followed by 4, half-day follow-up workshops at approximately 4 months and 10 months following the initial training. Of note, at this time we anticipate that the full 18-month training will occur virtually. Trainees will be given notice if activities must change to require in-person participation.

Supporting Therapists' participation in full group video consultation calls with trainers (2, 1-hour video calls per month).

Supporting Supervisors' participation in full consultation calls with trainers (2, 1-hour video calls per month) and Supervisor-only video calls with trainers (1, 1-hour video call per month).

Allowing all trainees adequate preparation time (e.g., completing case presentation template and providing sample clinical material) for presenting on consultation calls. Each participant is required to present at least twice on the consultation calls or during virtual follow-up trainings during the 18-month training period.

Assisting trainees in receiving sufficient CPP-appropriate referrals to complete training requirements within 18 months (i.e., for Therapists: maintaining a CPP caseload of 3-4 cases to optimize Therapists' ability to treat 4 cases, two of which must be at least 16 sessions; for Supervisors: maintaining a CPP caseload of 1-2 cases to optimize Supervisors' ability to treat 2 cases, both of which must be at least 16 sessions).

Supporting Therapists and Supervisors in conducting twice monthly reflective supervision, at minimum. Occurs with trainees within the same agency, or within a small group established by trainers and may occur in-person or via phone/video call.

Child-Parent Psychotherapy (CPP)

Agency Readiness Checklist –Virtual Training continued

Infrastructure Needs

If treating clients in clinic: *Creating or repurposing a fully or partially dedicated CPP therapy room (could be the trainee’s office): A safe, relatively low-stimulation room for a caregiver and child to engage in play with a small selection of toys*

If treating clients in clinic: Developing an observation room: a room allowing a CPP trainee to see and hear the caregiver and child playing and be out of the child’s sight and hearing. CPP observation can be conducted through a live video feed or by using a one-way mirror; please indicate below which option your agency will pursue:

_____ Observation room adjoining the therapy room, with viewing of therapy room through a one-way mirror

OR

_____ Observation via a live video feed, with camera out of child’s reach in therapy room (video equipment must be available by the start of training)

If treating clients remotely: CPP clinicians must be able to see parent-child interactions and families must be able to see the CPP clinician. Therefore, remote CPP must be conducted via secure video platform and the clinician must have access to a webcam so that the family can see the clinician during sessions.

Supplies

Having ability for trainees to easily make copies of assessment and/or fidelity measures, some of which are online

Purchasing and maintaining a supply of appropriate CPP toys: trauma and creative toys that encourage non-directive play. A suggested CPP toy list may be found at:
<https://www.amazon.com/hz/wishlist/ls/ODYA6JK9DEJ9?>

Please ensure your agency’s commitment to the items above before completing the online agency application for CPP training. If you have questions or need assistance please contact ARBEST at arbest_info@uams.edu.