

Child Parent Psychotherapy (CPP)



Information for Caregivers

Child Parent Psychotherapy (CPP) is an evidence-based treatment for children aged 0-5 who have experienced at least one traumatic event and are experiencing mental health, attachment, and/or behavioral problems.

Goals of CPP:

- Help children process, understand, and communicate their feelings and thoughts after a traumatic event
- Support caregivers with understanding how young children are affected by trauma
- Provide caregivers with skills to communicate and provide nurturance to their children after a trauma

What To Expect In Treatment:

Sessions are held weekly

Sessions are mostly dyadic - with both the child and caregiver equally participating

Treatment begins with clinician using screening tools to assess severity of trauma symptoms being experienced by the child and/or caregiver. Clinician will also ask about child and caregiver experiences of adverse events.

Through play and other creative interventions, children are able to construct a narrative of their experience

For questions or to schedule an intake assessment, call us at (860) 224-8192



CMHA
Community Mental Health Affiliates



Child and Adult Behavioral Health Services
233 Main St, 3rd Floor
New Britain, CT 06051
P: 860.224.8192
F: 860.224.6968
cmhacc.org