

CPP Studies Involving Diverse

Families Show:

Improvements in Children's

- Mood
- Problem behaviors
- Learning
- Trauma symptoms
- Biological stress response (cortisol)

Improvements in Parent's

- Mood
- Parenting Stress
- Trauma symptoms
- Partner relationship

Improvements in Parent Child Relationship Quality

What might participants Learn?

CPP helps parent/caregiver to learn how their child is developing and expressing feelings and needs.

Participants will learn how:

- To increase skills in managing their child's behaviors
- To help their child begin to recover from experiences that felt scary, sad, or worrisome
- To communicate with their child in new ways
- To understand the feelings that caregiver and their child have about what they both experienced and learn how their child is expressing his/her feelings.

What to expect after the intake visit?

The first session reviews the strengths and needs of the participant and their child. The process includes a survey to fill out and a play session between participant and their child. After the CPP clinician has had an opportunity to get to know both the participant and their child, therapy begins. This looks like one weekly session with the CPP clinician and the child. During this time, the participant and their child will do activities together that are fun and help share their feelings. Parent/caregiver

participation in these weekly visits with their child is important to their healing process.



There are clinicians across the State in the following areas:

- Chittenden County
- Franklin County
- Addison County
- Upper Valley
- Central Vermont
- Lamoille County
- Rutland County

For more information about making a referral to a clinician in your area, contact Kaitlyn Wainscott at NFI, VT Inc.

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Together our mission is to provide nurturing and empathic services that help young children and families recover and heal after stressful and traumatic events.



What is CPP?

CPP is therapy for young children from birth through age 5 and their parents that

- Helps you and your child reconnect and heal from stressful experiences.
- Respects family and cultural values—including your language
- Promotes mutual healing as a path to a stronger and healthier relationship



What Happens During CPP?

We work together in three stages

1. Getting to know the Child & Family

We spend time meeting alone with parents/caregivers to understand the family's

- Needs and challenges
- Strengths and values
- History and experiences

If needed, we connect families to resources and services.

We make a plan for how CPP will help your family.

2. Addressing Families' Needs

We usually meet once a week with a parent/caregiver and child.

If old enough, we first help children understand

- Who we are
- Why they are coming
- What we will do together

We often use toys because young children show feelings and thoughts through play.

We may meet alone as adults.

We help parents/caregivers and children to

- Understand each other
- Talk and play about difficult feelings and behaviors
- Create a family story that leads to healing

3. Wrapping Up & Planning for the Future

We celebrate changes families have made.

We talk about how parents/caregivers made changes happen.

We consider how endings and goodbyes may bring up different feelings.

We talk about what will be needed in the future.

What can participants expect?

• Parent/caregiver(s) and infants together:

Sessions focus on the parent's experience as a way to grow closer to the baby. Infant/toddlers are present for most of the sessions and the parent/child relationship is the focus.

• Parent/caregiver(s) and toddlers or preschoolers:

Sessions focus primarily on the present and the child's growing needs. Play is an important part of these sessions. There will also be individual sessions with the parent and the CPP Clinician to have time for "grown up talk."

What might the child experience?

• Infants will experience being cared for and soothed by their parent or caregiver during the sessions. Your baby will experience comfort, joy, and learning new things with your support and encouragement. Your baby will learn from your comforting and modeling, how to manage emotions and cope with stress.

• Toddlers and preschoolers will experience using play, words, or art to express their feelings. The parent or caregiver can hold, play, and attend to their child's needs throughout the parent-child sessions. Before child-parent sessions begin the CPP clinician will help introduce CPP to the child.

