

# Child-Parent Psychotherapy (CPP)

Strengthening the mental health workforce. **Changing children's lives.**

## WHAT IS CPP?

Child-Parent Psychotherapy (CPP) is an attachment and trauma-focused treatment model for children ages 0-5 and their caregiver.

- Appropriate for children who have experienced a **traumatic event(s)** or who are experiencing **mental health, attachment, or behavioral problems**
- Average length of treatment: **32 weekly, 1 hour sessions**
- **Targets negative perceptions** that child and caregiver have of themselves and each other

## OUTCOMES<sup>1</sup>

- **Reduced foster care placement disruptions** among children with moderate to severe traumatic experiences
- **Improved cognitive ability**, on par with non-traumatized children
- **Improved attachment security** and organization
- **Decreased** parental and child PTSD symptoms
- **Decreased** parental and child depression

## RETURN ON INVESTMENT

In the United States, 61% of children are affected by violence, abuse, or crime,<sup>2</sup> putting them at **increased risk** for:

depression,  
academic problems,  
violent behavior,  
substance use,  
delinquency,  
teen pregnancy,  
and other emotional-behavioral challenges.

**Lifetime costs** of childhood maltreatment are estimated at **\$210,012** per case.<sup>3</sup>

## SERVICE DELIVERY

CPP has been successfully delivered in diverse settings, provided that the child is **living with a primary caregiver** (biological, adoptive, or foster) such as **outpatient, in home, and residential** treatment settings.

**The North Carolina Child Treatment Program (NC CTP) offers 1-2 training cohorts per year in CPP. Training cohorts are 18 months long and consist of face-to-face learning sessions and faculty consultation.**  
**Contact NC CTP for more information.**

With funding from:



Mental Health,  
Developmental Disabilities,  
and Substance Abuse Services  
HEALTH AND HUMAN SERVICES

<sup>1</sup> Ghosh-Ippen, C (2011). *Child-Parent Psychotherapy Research Summary Fact Sheet.*

<sup>2</sup> Finkelhor, D., Turner, H. A., Ormrod, R., & Hamby, S. L. (2010). *Trends in childhood violence and abuse exposure: Evidence from 2 national surveys.*

<sup>3</sup> Fang, X., Brown, D. S., Florence, C. S., & Mercy, J. A. (2012). *The economic burden of child maltreatment in the United States and implications for prevention.*