

“

He knows now that he can talk to me, he can come to me, he can trust me.... And he really truly believes that; in the beginning, he didn't. Big difference to the little boy who was afraid.”

Anonymous Caregiver

CPP May Help When

- Children have been through scary or painful events such as loss of a loved person, separation, serious medical procedures, abuse, or violence at home or in the community
- Children show difficult behaviors
- Children have a change in placement or caregivers
- Family members have physical health or mental health difficulties
- Caregivers would like help with parenting and improving parent-child relationships

“

In time we started to see...it's ok we can trust people, to be honest in therapy, to talk about the bad things that happen, to feel...our sparkle inside that we thought we lost; with help we are finding out just how bright our sparkle really is.”

Anonymous Caregiver



Anchorage Community Mental Health Services

Contact Us

Anchorage Clinic: 907-762-8667

Fairbanks Clinic: 907-371-1300

For more information about CPP visit:
childparentpsychotherapy.com



ChildParent
Psychotherapy



Our Mission

Providing services that help young children and families recover and heal after stressful and traumatic events



What is CPP?

Therapy for young children from birth through age 5 and their parents/caregivers

- Supports family strengths and relationships
- Helps families heal and grow after stressful experiences
- Respects family and cultural values



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 the 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 experiences
- Respond to 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



CPP Studies Involving Diverse Families Show

Improvements in Children's

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

Improvements in Parents'

- Mood
- Parenting stress
- Trauma symptoms
- Partner relationship

Improvements in Parent-Child Relationship Quality

“

You are the only one that explained how trauma is affecting my daughter and I'm so grateful.”

Adoptive Mother to her CPP Therapist