New CPP Learning Collaborative Beginning
January 27th, 2020

OVERVIEW

Child-Parent Psychotherapy Overview
CPP is an intervention model for children aged 0-5 who have experienced traumatic events and/or are experiencing mental health, attachment, and/or behavioral problems. A central goal is to support and strengthen the caregiver-child relationship as a vehicle for restoring and protecting the child’s mental health. Treatment also focuses on contextual factors that may affect the caregiver-child relationship (e.g. cultural norms and socioeconomic and immigration-related stressors). For children exposed to trauma, caregiver and child are guided over the course of treatment to create a joint narrative of the traumatic event and to identify and address trauma triggers that lead to dysregulated affect and behavior.

Therapeutic sessions include the child and parent or primary caregiver. If clinically indicated, treatment may include multiple caregivers and/or siblings with the format of sessions determined jointly with the caregivers after learning about the needs of different family members during the Foundational Phase of treatment.

CPP is listed on the SAMHSA National Registry of Effective Programs and Practices. For information about the research on CPP, including the five randomized trials conducted on the model, please see the Child-Parent Psychotherapy Research Summary: http://childparentpsychotherapy.com/about/research/
Child-Parent Psychotherapy Learning Collaborative Objectives

- Through an 18-month long training, participants will gain core CPP knowledge and competencies to enable them to adopt CPP
- Participating agencies will increase their capacity to provide an evidence-based trauma treatment for children in the birth to six age range

Training Overview and Components

Ana M. Rodriguez, Ph.D., of the Self-Care Practice, will be holding an 18-month long Child-Parent Psychotherapy (CPP) Learning Collaborative in NYC beginning in October 23-25, 2019

The Learning Collaborative model is the dissemination strategy used by the National Child Traumatic Stress Network to support uptake of best practices. What sets an LC apart from traditional training is the intensive focus on learning-by-doing. An LC includes in-person trainings or “learning sessions”, intensive consultation, and peer-to-peer learning within and across organizations. This training meets criteria for an Implementation-Level CPP Course. Participants who complete the training will be eligible for the roster of trained CPP clinicians.

Please ensure that your agency leadership and all members of your team who might be part of the training are aware of the core components and minimum training requirements for a CPP Implementation Level Course. They can do this by reviewing the video the “Child-Parent Psychotherapy Learning Collaborative Model:” https://youtu.be/vV5jDsus8ls

They will also be completing the CPP Training Contract and should review it: https://docs.google.com/document/d/19PP15g9zF1UJUsChogel_BfLCBFRT4-WD4j3WNXRNkc/edit?usp=sharing

Training components include:

- Reading the CPP manuals (see training materials below)
- Three face-to-face learning sessions in NYC. All participants will be notified of NYC venue location in advance of the first learning session.
  - Learning Session 1: 3-day Core CPP Didactics - Monday, January 27 - Wednesday, January 29, 2020
  - Learning Session 2: 2-day Intensive CPP Competency Building Workshop - June 2020
  - Learning Session 3: 2-day Intensive CPP Competency Building Workshop - January 2021
- Conducting CPP with families (see video for specifics)
- Twice monthly phone consultation for 18-months conducted by an endorsed CPP consultant, with each participant presenting their work twice
- Agency-based CPP reflective supervision. Reflective supervision provides the supervisee and supervisor with an opportunity to think about the family, the CPP model, the emotional content of the work, the supervisee’s emotional reactions, the case conceptualization, specific interventions the supervisee did and might do in the future, new skills and knowledge the supervisee.
- This can take place either individually or in groups, with meetings occurring ideally on a weekly basis and at a minimum 2x per month (on weeks when there is no consultation call).
- Completion of CPP fidelity instruments and evaluation tools
- Optional: Supervisor call to discuss CPP supervision
**CPP Sustainability**

Participants who are interested in learning how CPP may be sustained following the initial 18-month Learning Collaborative, may watch the video "Endorsed Within Agency CPP Training." This video highlights the process through which an agency can apply to participate in CPP Agency Mentorship Program (C.A.M.P.): [https://youtu.be/WR6Qy_yeCX8](https://youtu.be/WR6Qy_yeCX8)

**Training Faculty**

Ana M. Rodriguez, Ph.D., is a bilingual licensed clinical psychologist and owner of the Self-Care Practice in NYC. She is the former Clinical Director of Trauma Training at New York Center for Child Development (NYCCD). Dr. Rodriguez works with various agencies as a nationally certified trainer in Child-Parent Psychotherapy (CPP). She is also a master trainer in Child and Family Traumatic Stress Intervention (CFTSI) with the Yale Child Study Center. Previously Dr. Rodriguez was the Clinical Director of the Safe Horizon Counseling Center, the only New York State licensed mental health clinic focusing exclusively on trauma-focused treatment for survivors of abuse across the lifespan.

Her psychotherapy practice and clinical supervision has specialized in work with children and families who have been traumatized by interpersonal violence, including domestic violence, childhood sexual and physical abuse. She has been providing trauma-focused treatment to traumatized crime victims and families in New York City for over 15 years, and in addition to child trauma, her practice has included addressing the needs of complexly traumatized adults and battered women.

**Training Eligibility**

- We typically train agency teams rather than individual therapists (please see CPP Learning Collaborative Model video for additional information)
- All clinical team members seeking to complete training and be eligible for the CPP roster must be master’s or doctoral-level psychotherapists with a degree in a mental health discipline
- If any participating team members are not yet licensed, they must be supervised by a licensed team member who also participates in the training

**Training Cost**

The cost is $2,500 per person. All sites should purchase or provide access to the manuals (see training materials below.) Costs are non-reimbursable.

**Training Materials**

Participants are required to have access to the required materials during the 18-month training period. It is preferable if they can read the manual prior to beginning training. During training, CPP trainers provide participants with electronic links to training handouts and to other free CPP materials, including the fidelity instruments and evaluation tools.

- **Required:** Child-Parent Psychotherapy Manual
- **Required:** Book Describing Conceptual Framework, Intervention Modalities and Case Examples

- **Optional:** Adaptation of CPP for Traumatic Bereavement

**Training Time**
Participating sites should budget time for the following activities:
- Reading the manuals
- Participation in 7 face-to-face days of training
- Participation in twice monthly case consultation calls
- Presenting on at least two consultation calls (including time to complete a write up)
- Participation in reflective CPP supervision, ideally weekly but at a minimum *twice a month*
- Completion of clinical measures, fidelity forms, and evaluation of the training
- Providing CPP services
- Data collection and learning collaborative metrics

**If Interested**
Please complete the expression of interest survey to indicate your interest and to acknowledge that you have reviewed and are able to engage in all the training components and that you believe your team members meet eligibility criteria. Dr. Rodriguez will follow up with you.

[Click here to submit an Expression of Interest Form >>](#)
[Click here to learn more about CPP Learning Collaboratives on our website >>](#)

**Next Steps**
Dr. Rodriguez will be reviewing expressions of interest and will contact you. There will be an additional (free) application to assess organizational and individual readiness to implement CPP. Final applications are due by **Monday, December 9, 2019**.

For questions, or to schedule an informational call, please contact:

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