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

For information about CPP Training opportunities in Wisconsin for licensed mental health clinicians, visit our website:
infantfamilymentalhealth.psychiatry.wisc.edu/

Contact Us
Parent-Infant/Early Childhood Mental Health Programs
UW Department of Psychiatry
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Our Mission
Providing services that help young children and families recover and heal after stressful and traumatic events.

For more information about CPP: childparentpsychotherapy.com
What Happens During CPP

We work together in three stages:

1. Getting to Know the Child & Family
   - 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

2. Addressing Families’ Needs
   - 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

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