

Child-Parent Psychotherapy (CPP) Georgia Statewide Learning Collaborative Frequently Asked Questions

Q: What is Child-Parent Psychotherapy?

A: Child-Parent Psychotherapy (CPP) is an evidence-based, intensive, relational therapy model for young children aged 0-5 and their families. It is intended for young children who have experienced traumatic events and/or who are experiencing mental health, attachment and/or behavioral problems. The mission of CPP is to provide services that help young children and families recover and heal after stressful and traumatic events.

Q: What is the CPP Georgia Statewide Learning Collaborative?

A: The CPP Georgia Statewide Learning Collaborative is an opportunity for behavioral health clinicians in Georgia to join a cohort of their peers in completing implementation-level training in CPP. It includes 14 hours of foundational trainings in Infant and Early Childhood Mental Health (IECMH) as well as an 18-month virtual CPP training conducted by endorsed CPP trainers.

Q: How much does it cost to participate in the CPP training?

A: Thanks to the generosity of the Georgia Department of Public Health (DPH) and the Georgia Department of Early Care and Learning (DECAL), this training is being provided at no cost to clinicians or agencies.

Q: What does implementation-level training in CPP include?

A: The key components of CPP training include didactic learning, active learning, mentorship, and agency support. CPP training is an 18-month process that includes three learning sessions focusing on core didactics, competency building, and case-based learning centered around the experiences and needs of the cohort. The 6 months following each learning session includes consult calls, active learning through the implementation of CPP, and mentorship through consultation calls with the CPP trainers and reflective supervision. ***Please review the [CPP Training Agreement](#) fully prior to applying.***

Q: When will the CPP Georgia Statewide Learning Collaborative be held?

A: Foundational Trainings will be provided from June to August 2022. The implementation-level CPP training will be held from August 2022 – March 2024. Please see the informational session presentation for specific dates.

Q: Who is eligible to participate in the CPP Georgia Statewide Learning Collaborative?

A: Participants must be Masters-level behavioral health clinicians who are licensed; or Masters-level behavioral health clinicians who are license-eligible *and* under the supervision of a participating licensed clinician. Participants will need to be able to commit to 14 hours of virtual foundational trainings from June to August 2022 and an 18-month CPP virtual training experience from August 2022- March 2024. Trainees should be in a position where they are able to work directly with children birth to five and their families and access reflective supervision.

Q: What are the benefits of participating in the CPP Georgia Statewide Learning Collaborative?

A: There are numerous benefits to clinicians, agencies, and Georgia families. These include:

- Upon successful completion, clinicians will be certified in CPP and join the roster of providers able to offer CPP
- The training is eligible for CEU's
- Automatic membership in Georgia's Association for Infant Mental Health (GA-AIMH) while actively enrolled in the training
- Earn hours of training and supervision for Infant and Early Childhood Mental Health Endorsement
- Services eligible for billing
- Build your own and your agency's capacity to serve infants and young children and their families

Q: Can clinicians bill for CPP services?

A: Yes, CPP is considered an evidence-based family therapy and can be billed for through Medicaid and private insurances. GA-AIMH and its partners will support agencies in learning more about how to bill for infant and early childhood mental health services.

Q: How does CPP compare to other treatment modalities, such as Trauma Focused Cognitive Behavioral Therapy (TF-CBT) or Parent-Child Interaction Therapy?

A: There is overlap between the focus of CPP and other modalities that address trauma, attachment, and behavioral and mental health concerns. One main difference between CPP and other modalities is that CPP is appropriate for younger children including infants with evidence-based support for ages 0-6 years old. Additionally, there is a strong focus on the dyadic caregiver-child relationship.

Q: What is the eligibility criteria for youth and families to receive CPP?

A: CPP is intended for young children from 0-6 years old who have experienced traumatic events and/or who are experiencing mental health, attachment and/or behavioral problems.

Q: What is the age range for who can receive CPP?

A: CPP is evidence-based treatment modality for 0-6-year-old children and their families. Clinicians have reported that many of the frameworks and approaches have also been helpful for them in their work with older children.

Q: Is CPP appropriate for home and clinic settings?

A: Yes, CPP can be provided effectively in home or clinic settings.

Q: Can CPP be provided over telehealth?

A: Yes, clinicians stated that they prefer face-to-face but that they have been able to provide CPP effectively using telehealth as well.

Q: Is CPP effective with Foster Families? And if so, does the treatment focus on the foster or the biological caregiver?

A: Yes, there is evidence to support the use of CPP with caregivers and children in foster settings. For example, Florida uses CPP as part of their Infant-Toddler Courts program which provides wrap around and mental health services to very young children whose parents are court-involved- you can see information about the out of home placement at the following link: https://cpeip.fsu.edu/resourceFiles/BabyCourtOverview_4Page.pdf. The focus on biological or foster caregiver would depend on the family and current placement of the child.

Q: Can multiple clinicians from one practice or agency apply to participate in the CPP training?

Yes. The participation of multiple clinicians within an agency is preferred as this increases sustainability, agency support, and collaboration within a team.

Q: Can individual clinicians apply to participate in the CPP training?

A: Yes. Although teams of licensed mental health professionals are preferred, individual clinicians can also apply. Previous cohorts have found ways to connect individual clinicians to other participants in the training to form teams and facilitate the supervision process.

Q: If we are applying as a team/agency, who should submit the application?

A: Only one application is needed from each agency. If there are multiple team members who would like to participate, the team leader should submit the application. There will be questions about all members of the team included in the application.

Q: If someone is interested in understanding more about CPP but is not eligible to participate in the training, how can they learn more?

A: The foundational trainings in IECMH will be available to a wide audience to support their understanding in infant and early childhood mental health and development, approaches to supporting mental health, and how and when to refer children for additional services. Additionally, there will be spaces available to audit the initial CPP learning sessions. This is especially useful for leadership and administrators in agencies, referral sources, and those involved with policy and practices that impact infants, young children, and their families. Please email aimh@gsu.edu if you are interested in signing up to audit any of the trainings.

Q: What are the supervision requirements while participating in the CPP training?

A: Trainees will be required to participate in reflective supervision at least twice a month.

Q: Where can I find more information about the Georgia Statewide Learning Collaborative?

A: Please see the Please use the following links to find out more information about the CPP Georgia Statewide Learning Collaborative.

- Child-Parent Psychotherapy Website:

<https://childparentpsychotherapy.com/>

- Recording of an informational session:

<https://www.dropbox.com/s/a2v4kxgf2mfmkfm/ CPP%20Informational%20Session.mp4?dl=0>

- Georgia Association for Infant Mental Health: Birth to Five

<http://www.ga-aimh.org>

- Child-Parent Psychotherapy Training Agreement

<https://childparentpsychotherapy.com/wp-content/uploads/2018/03/ CPP-Training-Agreement-2018.pdf>

- Contact the GA-AIMH team with any questions: aimh@gsu.edu

Q: I am ready to apply! What are the next steps?

A: Please review all of the resources carefully prior to applying. You can access a copy of the application on the GA-AIMH website (www.ga-aimh.org). Review the application to make sure you have all of the necessary information to complete the application. Remember to submit only one application for each agency. When you are ready to apply, please use the following link to the online application:

https://gsu.qualtrics.com/jfe/form/SV_bw1lv0CA3IN9YIU