

Child-Parent Psychotherapy at the Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

What Is Child-Parent Psychotherapy?

Child-parent psychotherapy, or CPP, is a specialized, evidence-based therapy designed for young children (from birth through 5 years old) who have experienced trauma, such as abuse, neglect, loss or exposure to violence. This treatment involves both the child and their primary caregiver(s) working together with a trained therapist.

How Does It Work?

In CPP, the child and their caregiver(s) attend sessions together. The therapist helps them explore how the trauma has affected the child's emotional and behavioral development, as well as how the caregiver's own experiences may be influencing their relationship with the child.

The therapy focuses on strengthening the bond between the child and the caregiver, which is essential for healing and healthy development. Sessions may include play, conversation and emotional support tailored to the child's age and needs.

The therapist will also spend time one on one with the caregiver to better understand the child's needs and share practical ways to support healing and resilience at home.

What Are the Goals of CPP?

CPP is designed to:

- Strengthen the caregiver-child relationship to build trust and emotional security
- Ensure safety for the child and family
- Support emotional regulation for both the child and their caregiver
- Help the family process and heal from trauma
- Improve overall family functioning
- Teach caregivers effective strategies for managing challenging behaviors and supporting their child's emotional needs



When Might CPP Be Helpful for Your Family?

CPP might be a good fit for your family if your child is experiencing any of the following:

- Loss of a loved one
- Separation from a caregiver
- Serious medical procedures or hospitalizations
- Abuse, neglect or exposure to violence at home or in the community
- Challenging behaviors, such as frequent tantrums, withdrawal, aggression or difficulty sleeping or eating
- A change in their caregiving situation, such as moving to a new home, entering foster care or living with a new guardian

Additionally, CPP might be a good fit for your family if:

- You or someone in your family is experiencing physical or mental health challenges, which may be affecting your child's emotional well-being or sense of stability.
- You're looking for support in parenting, including learning about ways to strengthen your relationship with your child, better understand their needs, and manage difficult behaviors.
- You've noticed your child is having some challenges or delays in their development after going through a difficult experience or ongoing stress.

CPP is meant to help families navigate these challenges together, with the guidance of a trained therapist who supports healing and connection.

Why Choose CPP?

Our compassionate and highly trained therapists are here to support you and your child every step of the way. CPP provides a safe space to heal, grow and rebuild a nurturing relationship that promotes resilience and long-term well-being.



CONTACT US

Center for Child and Family Traumatic Stress at Kennedy Krieger Institute

For more information or to schedule an appointment, please call **443-923-5980**, or call toll-free at **888-554-2080**. TTY users, please contact us at **443-923-2645**, or dial **711** to make a Maryland Relay call.

[KennedyKrieger.org/TraumaticStressCenter](https://www.KennedyKrieger.org/TraumaticStressCenter)

Main Center Location

1741 Ashland Ave., 3rd Floor
Baltimore, MD 21205

For information about other locations, please call the numbers above.

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