



Child-Parent Psychotherapy Learning Collaborative

New training starting June 12, 2024

Hosted by CPP Trainer Dr. Ana M. Rodriguez

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The
Self-Care
Practice



ChildParent
Psychotherapy

NY/NJ Child Parent Psychotherapy Learning Collaborative Overview

Child-Parent Psychotherapy

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.

For information about the research on CPP, including the five randomized trials conducted on the model, please visit the [Child-Parent Psychotherapy website](#).

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

Dr. Ana M. Rodriguez (of The Self-Care Practice, PLLC) will be hosting a 18 month long Virtual Child Parent Psychotherapy (CPP) Learning Collaborative, serving therapists and agencies in the states of New York and New Jersey.

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 “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 visiting the [learning collaborative page of the Child-Parent Psychotherapy website](#).

They will also be completing the CPP Training Agreement and should review it [here](#).

Virtual training components include:

1. Participate in initial core CPP didactic training - 5-virtual half-days
2. Reading the CPP manual (see training materials below)
3. Provide CPP to children under age 6 who have experienced at least one trauma
4. Participation in reflective CPP supervision
5. Participation in ongoing CPP consult calls - twice monthly phone or video-based consultation for 18 months conducted by an endorsed CPP consultant
6. Case presentation - prepare and present at least twice on consult calls
7. Participation in intensive CPP competency building workshops (4-virtual half-days, approximately 6 months and 12 months after the initial didactic training)
8. Fidelity monitoring - completion of CPP fidelity instruments and LC evaluation tools
9. Any additional learning collaborative metrics needed for this training
 - Optional: Supervisor call to discuss CPP supervision
 - Optional: Calls with senior leaders to discuss CPP implementation issues. Senior leaders are those individuals within an organization with the capacity to effect agency-level changes that may be needed to align agency and CPP practices and policies.

Training Faculty

[Ana M. Rodriguez, Ph.D.](#), is a bilingual licensed clinical psychologist and owner of the Self-Care Practice in NYC. Dr. Rodriguez works with dozens of mental health agencies as a trainer in Child-Parent Psychotherapy (CPP) and is on the board of the New York Zero-to-Three Network. She is also a master trainer in Child and Family Traumatic Stress Intervention (CFTSI) with the Yale Child Study Center. She is the former Clinical Director of Trauma Training at New York Center for Child Development (NYCCD) and previously 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.

To learn more about Dr. Rodriguez and read testimonials about her CPP training visit our [website](#).



Training Eligibility

- 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
- Must be a mental health provider working in New York or New Jersey.



- A CPP LC is not considered intensive enough for an intern to learn CPP. Implementation-level training for interns is available through endorsed CPP internships.

Training Cost

The cost to join this 18 month learning collaborative is **\$2,500*** per trainee.

*Fees do not include cost of training materials.

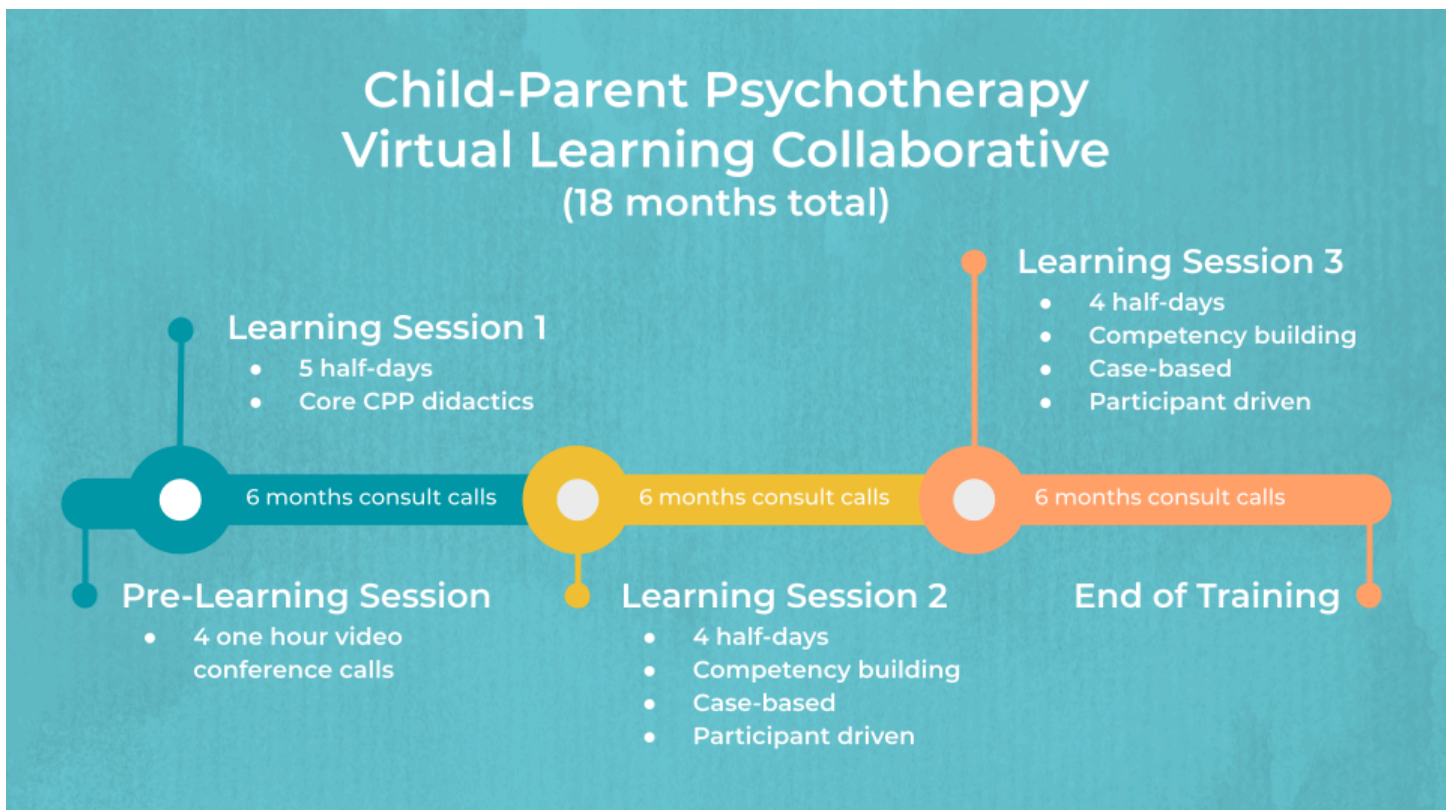
Training Materials

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
Lieberman, A.F., Ghosh Ippen, C., & Van Horn (2015). Don't hit my mommy: A manual for Child-Parent Psychotherapy with young children exposed to violence and other trauma, Second Edition. Washington, DC: Zero to Three.
- **Strongly Recommended:** Book Describing Conceptual Framework, Intervention Modalities and Case Examples. Lieberman, A.F. & Van Horn, P. (2008). Psychotherapy with infants and young children: Repairing the effects of stress and trauma on early attachment. New York: The Guilford Press.



Training Time



Participating sites should budget time for the following activities:

- Reading the manuals
- Participate in a pre-work phase discussion group - 4 one hour video conference calls
- Participation in 14 virtual half-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



Scheduled Training Dates & Times

Applications Due			
Wednesday, May 29, 2024			
Pre-Learning Session Calls			
Call 1	Wednesday	June 12, 2024	1 - 3 pm EST
Call 2	Monday	June 17, 2024	11 - 1 pm EST
Learning Session - 1 Virtual Half-Days			
Day 1	Thursday	June 20, 2024	10 - 3 pm EST
Day 2	Friday	June 21, 2024	10 - 3:30 pm EST
Day 3	Tuesday	June 25, 2024	1:30 - 5 pm EST
Day 4	Friday	June 28, 2024	10 - 3 pm EST
Biweekly Consultation Calls, Learning Sessions - 2 and 3			
Biweekly consultation calls (twice a month) and following learning sessions to be scheduled after Learning Session 1.			



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.

[Click here to fill out an Expression of Interest Form >>](#)

Next Steps

Dr. Rodriguez will be reviewing expressions of interest and team applications and will contact you.

[Click here to learn more about CPP Learning Collaboratives on our website >>](#)

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

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