



OVERVIEW Oklahoma Learning Collaborative 6

March 2021- September 2022

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.

For information about the research on CPP, including the five randomized trials conducted on the model, please visit our website: <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

The Oklahoma Association of Infant Mental Health, in partnership with The Oklahoma Department of Mental Health Substance Abuse Services, will be holding an 18 month Child Parent Psychotherapy Learning Collaborative. The training will start virtually and move into live in person sessions at a later date as Covid-19 precautions allow. The CPP Learning Collaborative will occur from March 2021 through September 2022.

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 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 our website: <http://childparentpsychotherapy.com/providers/training/lc/>

They will also be completing the CPP Training Agreement and should review it at:

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

Training components include:

1. Participate in initial core CPP didactic training – LS 1 will be 5 virtual ½ days
 2. Read the CPP manual (see training materials below)
-

3. Provide CPP to children under age 6 who have experienced at least one trauma (see Training Agreement for specific details)
4. Participate in reflective CPP supervision
5. Participate 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 (LS 2 & 3 - 2 days each, 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
10. 6 supervisor support calls will be offered.

Training Faculty

Ashleigh Kraft, MA, LPC-S

Ashleigh Kraft the Owner of Balanced Perspectives LLC where she provides consultation and training in the areas of infant mental health, non-profit policy, reflective consultation and trauma-informed care. The major areas of focus in her professional experiences have included working with survivors of domestic violence, child maltreatment, interpersonal trauma, and integrating hope theory into clinical work. She is trained in several evidence-based models for providing therapy services to children and families who have experienced trauma. Ashleigh is a state-wide trainer for Child-Parent Psychotherapy in Oklahoma and is certified through Zero to Three as an Oklahoma trainer for DC:0-5.

Angela Fultz, M.A. LPC-S

Angela Fultz is a Licensed Professional Counselor currently working at Sunbeam Family Services in Oklahoma City as the Infant and Early Childhood Mental Health Coordinator where she supports a team of IECMH clinicians and provides training and consultation to local Juvenile Court and child welfare teams. She is Endorsed as an Infant Mental Health Mentor, IMH-E® (IV-C), through the Oklahoma Associate of Infant Mental Health. She has worked with at-risk families for 14 years in both community and private practice settings offering clinical therapeutic services to families with young children involved with the child welfare systems. She is an Oklahoma State Trainer for Child Parent Psychotherapy.

Training Eligibility

- We typically train agency teams rather than individual therapists as we feel that working with young children who have experienced trauma requires the support of a team. Moreover ongoing reflective practice with a supervisor or colleague is a core part of CPP.
 - Individual clinicians from agencies where CPP is embedded and established, and a reflective CPP rostered supervisor is on-site, these clinicians are welcome to apply.
- Any private practitioners applying to a CPP training should form teams committed to supporting each other and meeting at least twice monthly for reflective consultation at least for the duration of the learning collaborative.
 - *If you are an independent clinician and interested in applying, please contact OK-AIMH at info@okaimh.org to be connected with other independent clinicians.
- All clinical team members seeking to complete training and be eligible for the CPP roster must be masters 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.
- 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:
<https://nrepp.samhsa.gov/Legacy/ViewIntervention.aspx?id=194>

Training Cost

Thanks to the generous support of the Oklahoma Department of Mental Health Substance Abuse Services, The Oklahoma Association of Infant Mental Health is able to offer this training at no cost to participants.

Once in person training resumes, all face to face training sessions will be held within Oklahoma. The location of the training will be determined based on the location of the majority of participants. Participants will be responsible for any travel and lodging costs. Please note that when training can safely resume in person, virtual or remote participation will not be offered.

CEUs

42 hours of CEU hours will be offered over the 18 month period, courtesy of the Oklahoma Association of Infant Mental Health.

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.
- **Optional: Adaptation of CPP for Traumatic Bereavement**
Lieberman, A.F., Compton, N.C., Van Horn, P., Ghosh Ippen, C. (2003). *Losing a parent to death in the early years: Guidelines for the treatment of traumatic bereavement in infancy.* Washington D.C.: Zero to Three Press.

Training Time

Participating sites should budget time for the following activities:

- Reading the manuals
- Participation in 7 virtual and face-to-face days of training (spread out over the 18-month period)
- Participation in twice monthly hourly case consultation calls
- Presenting on at least two consultation calls (including time to complete a write up)
- Participation in reflective CPP supervision in the agency, ideally weekly but at a minimum *twice a month*
- Completion of clinical measures, fidelity forms, and evaluation of the training
- Provision of CPP services
- Data collection and learning collaborative metrics.

Applications

- Applications are submitted digitally and have 3 portions to be completed:
(Please note that *Incomplete applications will not be considered*)

1) The Agency Application (*only one needed per agency*) Link: <https://forms.gle/4pjXtTRqqBZCUHLr7>

2) The Learning Collaborative Participant List. This is completed by agency leadership to indicate which individual applications are to be considered with the agency application. Link: <https://forms.gle/th351LsoL9uK8xNi7>

3) Individual application for each clinician and supervisor attending. To be completed by each clinician/supervisor wishing to participate in the training. Link: <https://forms.gle/twgon1hqmKzW6jVJ6>

Important Dates

January 27th, 4-5pm: CPP Application Support Call. Zoom link: <https://zoom.us/j/3401314861>

February 4th: Applications Due

March 2nd: Participants notified of acceptance to Learning Collaborative. Training agreements will be sent.

March 5th: Training Agreements and registration due.

March 22nd: Pre-work assigned

March 22- April 9th: Pre-work period continues within agency groups

April 1st – 2nd: Pre-work call with trainers, will be scheduled with each agency leadership & supervisors to review work completed.

LS 1 Dates (all virtual sessions)

April 14th, 15th, 16th, 2021 8:30-12:30pm, April 19th, 2021 12:30-5:00pm, April 20th, 2021 8:30-12:30pm

LS 2 Dates:

If able to meet in person: October 7-8, 2021 8:30am – 4:30pm

If virtual: October 7, 2021 1:00-5:00pm, October 8, 2021 9:00am-12:00pm, October 11, 2021 1:00pm-5:00pm, October 12, 2021 9:00-12:00pm

LS 3 Dates:

If able to meet in person: March 31-April 1, 2022 8:30am – 4:30pm

If virtual: March 31, 1:00-5:00pm, April 1, 2022 9:00am-12:00pm, April 4, 2022 1:00-5:00pm, April 5, 2022 9:00am-12:00pm

Calls:

- Calls will occur twice a month on Thursday mornings from 10am-11am.
- Supervisor support calls will be offered. A schedule will be provided once training begins. Supervisors are asked to attend 4 of the 6 support calls offered.