



# Child Parent Psychotherapy

## Healing from trauma, together

Child Parent Psychotherapy (CPP) supports children from birth to age 5 and their caregivers after stressful or upsetting experiences.

Events like losing a loved one, serious medical treatment, violence, abuse, or being separated from a caregiver can affect how children feel, behave, and connect with others.

CPP focuses on the relationship between the child and their caregiver. Together, families work to create a sense of safety, process traumatic events, and support healthy emotional growth.

## How can trauma affect children?

After a difficult experience, young children may:

- Feel unsafe or anxious
- Have strong emotions or behavior challenges
- Struggle to connect with caregivers

## How does CPP help?

CPP provides a safe space where children and caregivers:

- Build a stronger relationship
- Learn to understand and respond to emotions
- Support healthy development



## The three phases of CPP

MCCMH clinicians use a three-step approach based on each family's background, needs, and strengths.

- **Getting to Know Each Other:** The clinician learns about the family's experiences and needs, spending time with both the child and caregiver to create a plan together.
- **Addressing the Family's Needs:** The clinician guides interactions between the caregiver and child. Play and toys are often used to help children share their feelings about what happened to them. The clinician provides support and education to help the caregiver understand and manage the child's feelings and behaviors.
- **Planning for the Future:** The clinician reviews the family's progress and works with them to plan future support.

**To learn more about MCCMH's CPP services, call 855-99-MCCMH (855-996-2264).**

**Call the MCCMH Crisis Line for 24/7 support: 586-307-9100.**



**MACOMB COUNTY**  
COMMUNITY MENTAL HEALTH

Macomb County Community Mental Health programs and services are supported and funded, in part, by the Michigan Department of Health and Human Services (MDHHS). MCCMH is accredited by the Commission on Accreditation of Rehabilitation Facilities (CARF) and operates under the direction of the Macomb County Board of Commissioners and the Macomb County Community Mental Health Board.

MCCMH centers are barrier-free, and offer TTY access, American Sign Language communication, and other language translations.



[mccmh.net](http://mccmh.net)



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