

What is Child-Parent Psychotherapy?



Child-Parent Psychotherapy (CCP) is therapy for young children from birth to age 5 and their parents and/or caregivers.

Our program supports family strengths and relationships and helps families heal and grow after stressful experiences. We respect family and cultural values.

Contact us for more details.

Contact Us Today!



Flatbush Behavioral Health Clinic
1623 Flatbush Ave., Brooklyn, NY 11210

Corona Behavioral Health Clinic
91-14 37th Ave., Jackson Heights, NY 11372

Jamaica Behavioral Health Clinic
161-10 Jamaica Ave., 2nd Fl., Jamaica, NY 11432



718-722-6001



www.ccbq.org



For more information about
Child-Parent Psychotherapy, visit
childparentpsychotherapy.com



**CATHOLIC
CHARITIES**
Brooklyn &
Queens
ESTABLISHED 1899

Child-Parent Psychotherapy



Providing services that help young children
and families recover and heal after stressful
and traumatic events.

We Are Here For You

CCP may help when

- Children have experienced scary or painful events such as the loss of a loved one, separation, serious medical procedures, abuse, or violence at home or in the community
- Children display difficult behaviors
- Children have a change in placement or caregivers
- Family members have physical or mental health difficulties
- Caregivers would like help with parenting and improving parent-child relationships

"You are the only one that explained how trauma is affecting my daughter and I'm so grateful." — **Adoptive Mother to her CPP Therapist**

What Happens During CCP

We work together in three stages

Getting to Know the Child and Family

We spend time meeting alone with parents/caregivers to understand the families:

- Needs and challenges
- Strengths and values
- History and experiences

Addressing Families' Needs

We help parents/caregivers and children to:

- Understand each other
- Talk and play about difficult experiences
- Respond to difficult feelings and behaviors
- Create a family story that leads to healing

Wrapping Up and Planning for the Future

We celebrate changes in families and:

- How parents/caregivers made changes happen
- Consider how endings and goodbyes may bring up different feelings
- Discuss what will be needed in the future



CCP Studies Show Improvement

Improvement in Children's

- Mood
- Problem behaviors
- Learning
- Trauma symptoms
- Biological stress response (cortisol)

Improvement in Parents'

- Mood
- Parenting stress
- Trauma symptoms
- Partner relationship

CCP has proven improvements in parent-child relationship quality

