

Helping Families Heal: CTRP's Integrated Research and Training Model for Early Childhood Trauma

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The **Child Trauma Research Program (CTRP)** has developed and disseminated **Child-Parent Psychotherapy (CPP)**, an evidence-based, child-caregiver treatment designed to help caregivers create physical and emotional safety after trauma with their young children from the perinatal period through age five. For **30 years**, CTRP has provided *free bilingual clinical services* to families in the greater San Francisco bay area by leveraging braided funding that has supported a unique blend of research initiatives, clinical education, and community-based workforce development.

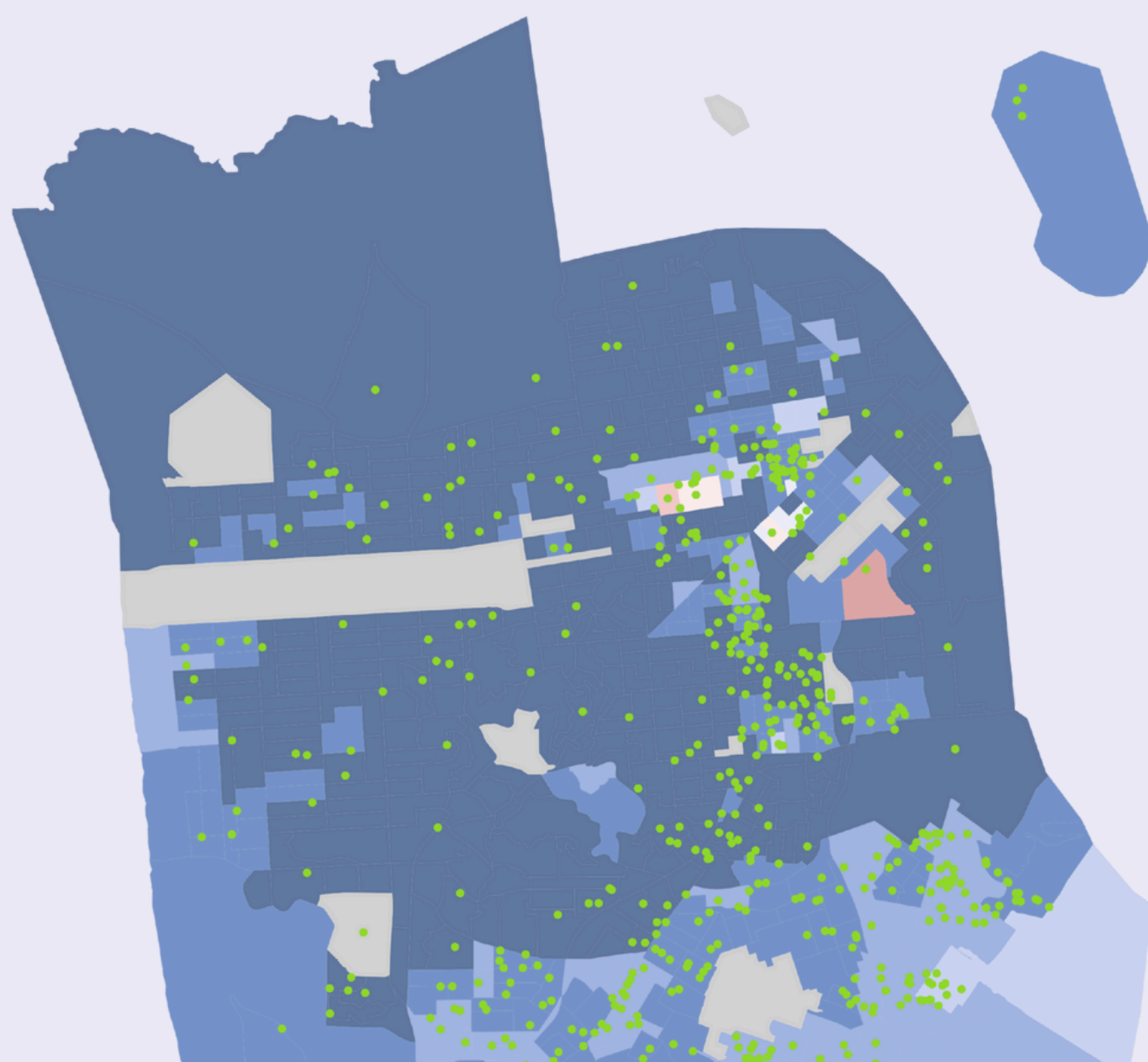
Clinical

Child-Parent Psychotherapy (CPP)

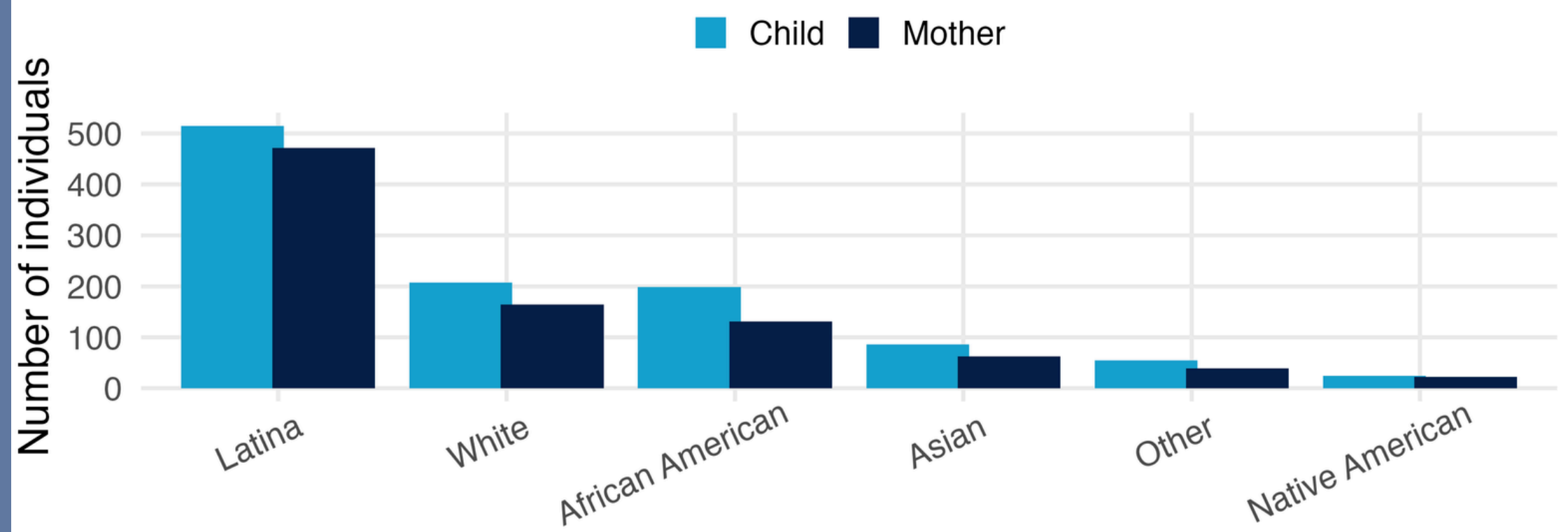
Caregiver-child dyads receive weekly clinic-based or in-home CPP sessions. Through play and age-appropriate communication, caregivers and their children work on creating a trauma narrative (understanding the meaning of what happened, acknowledging the impacts of trauma), expressing emotions, repairing disrupted attachment, and restoring safety. CPP can be applied to the perinatal period as **Perinatal-CPP (P-CPP)**, for expecting mothers who have experienced trauma or significant stress. P-CPP supports mothers' processing of traumatic experiences and fosters secure mother-infant attachment.

| Families seen by CTRP 2005-2025 | |
|--|--------------------------|
| Characteristic | N = 947 ¹ |
| Child age (years) | 3.7 (1.4) |
| Child gender | |
| Girl | 392 (46%) |
| Boy | 465 (54%) |
| Maternal age (years) | 31.3 (7.3) |
| Maternal education (years) | 12.6 (3.8) |
| Household income (monthly) | 1,300.0 [656.5, 2,935.0] |
| ¹ Mean (SD); n (%); Median [Q1, Q3] | |

State Rank
1 (least deprivation)
2
3
4
5
6
7
8
9
10 (most deprivation)
Missing



Ethnicity of Children and Mothers Receiving CPP at CTRP
Categories are not mutually exclusive



Attachment Vitamins, A CPP Parenting Group

Members of our team developed the Attachment Vitamins parenting group curriculum, a CPP-informed prevention program. These groups allow us to serve a broader population and support healthy, trauma-informed parenting in families at risk of trauma exposure.

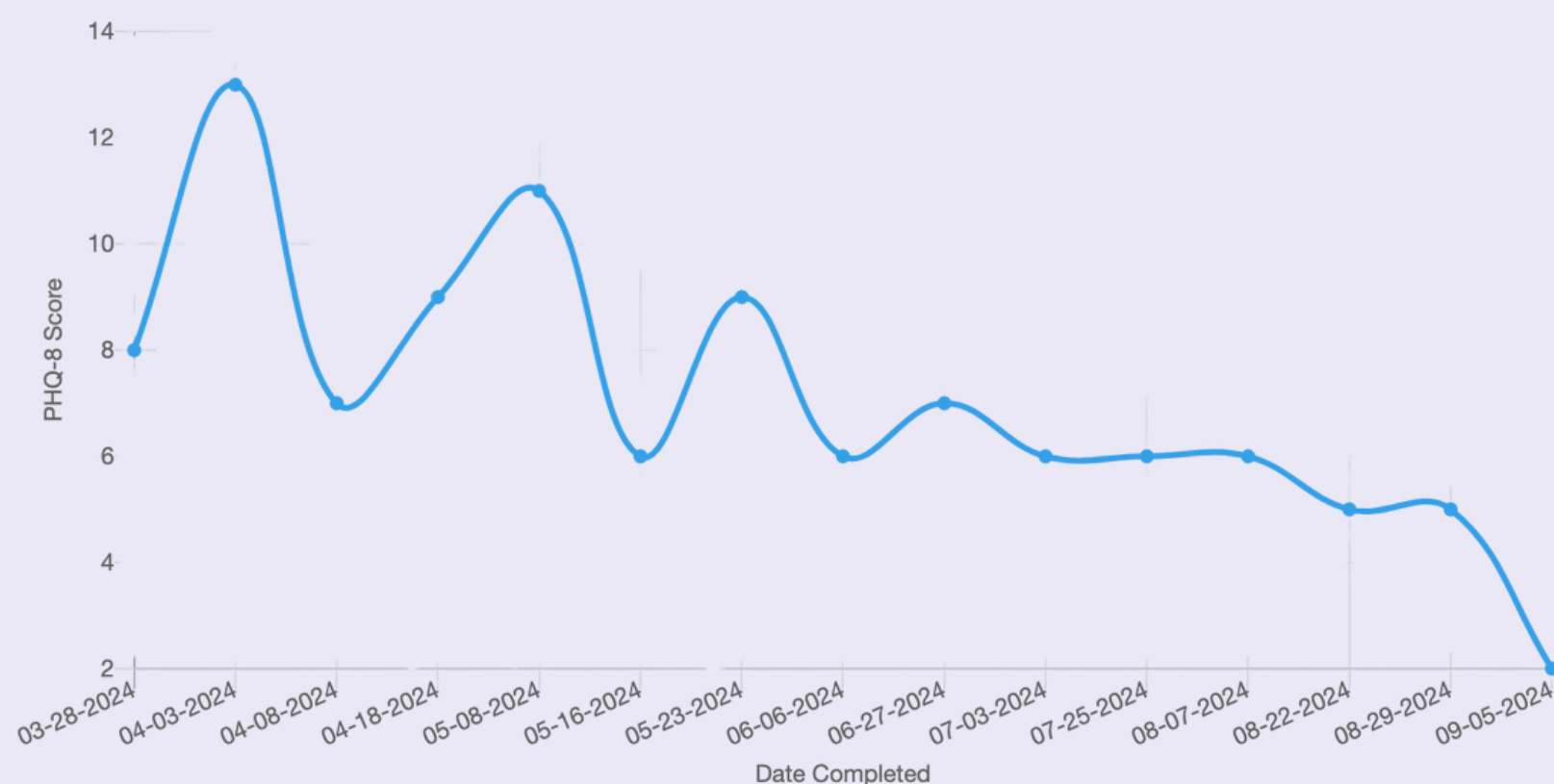
Research

CTRP Research Team: Recent Innovations

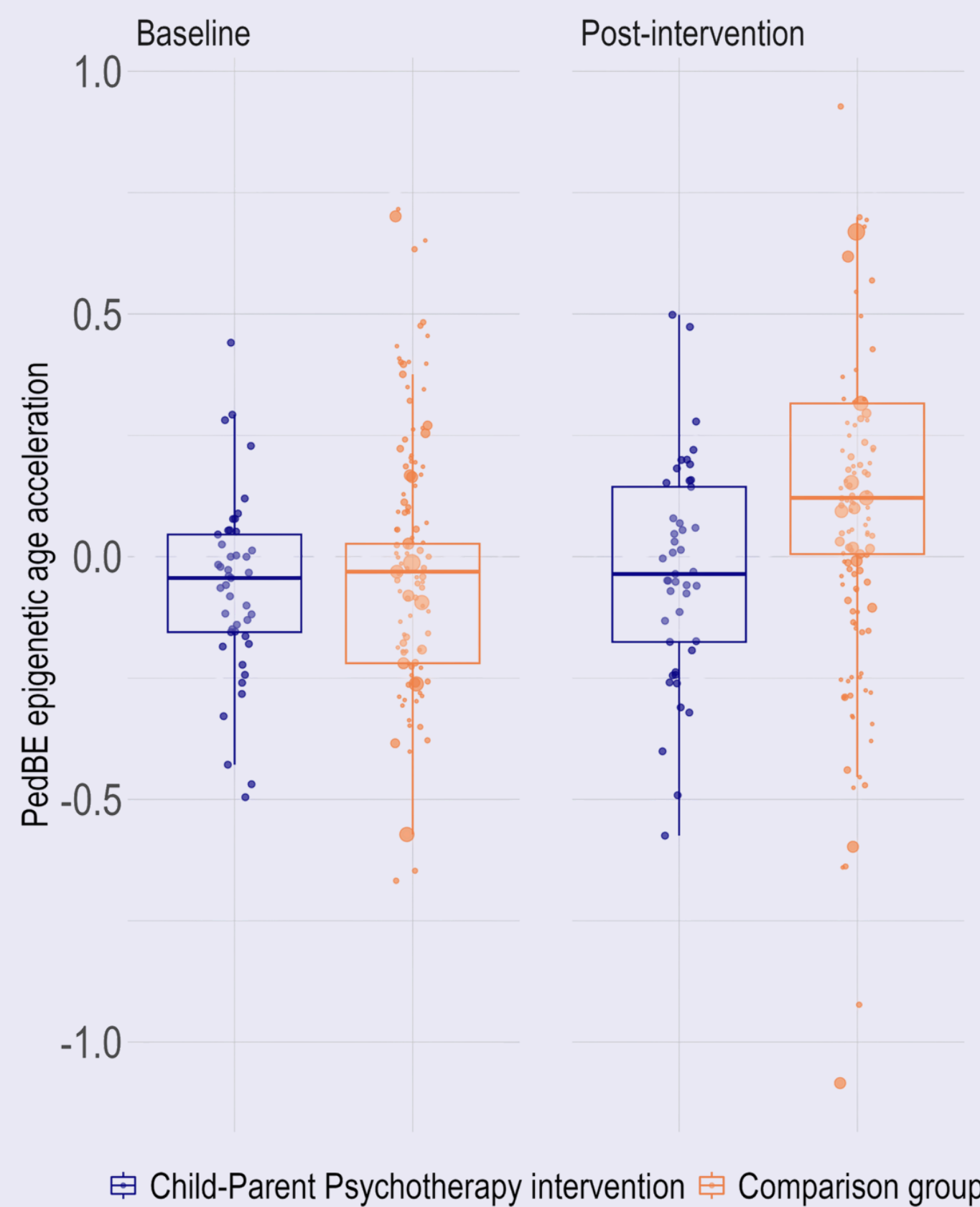
CTRP has been collecting clinical research data for over 20 years across several different studies. The CTRP Research Team is harmonizing these data to enable cross-study investigations of moderators of treatment effectiveness.

CTRP is also integrating session-level measures of caregiver and child psychological health within CPP and P-CPP protocols and revising the P-CPP protocol to follow infants longitudinally, enabling evaluation of two-generation outcomes.

Example Session-Level Scores on PHQ-8



CPP and Biological Aging Acceleration



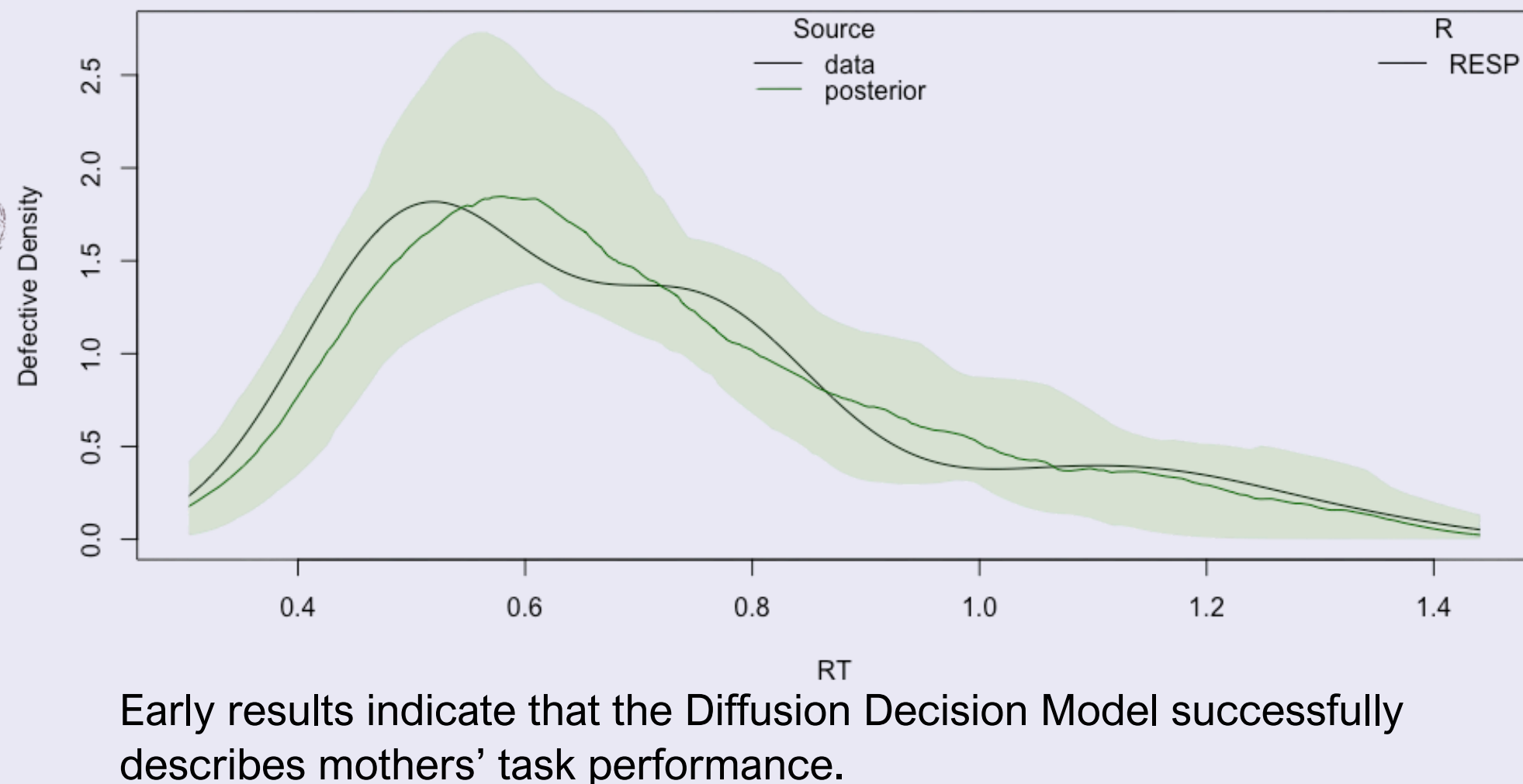
In collaboration with Dr. Nicole Bush, we measured children's biological aging before and after CPP in a treatment group and in a matched comparison group. We found the first empirical evidence that a psychosocial intervention (CPP) reduces biological aging acceleration in children exposed to trauma.

Read the paper:



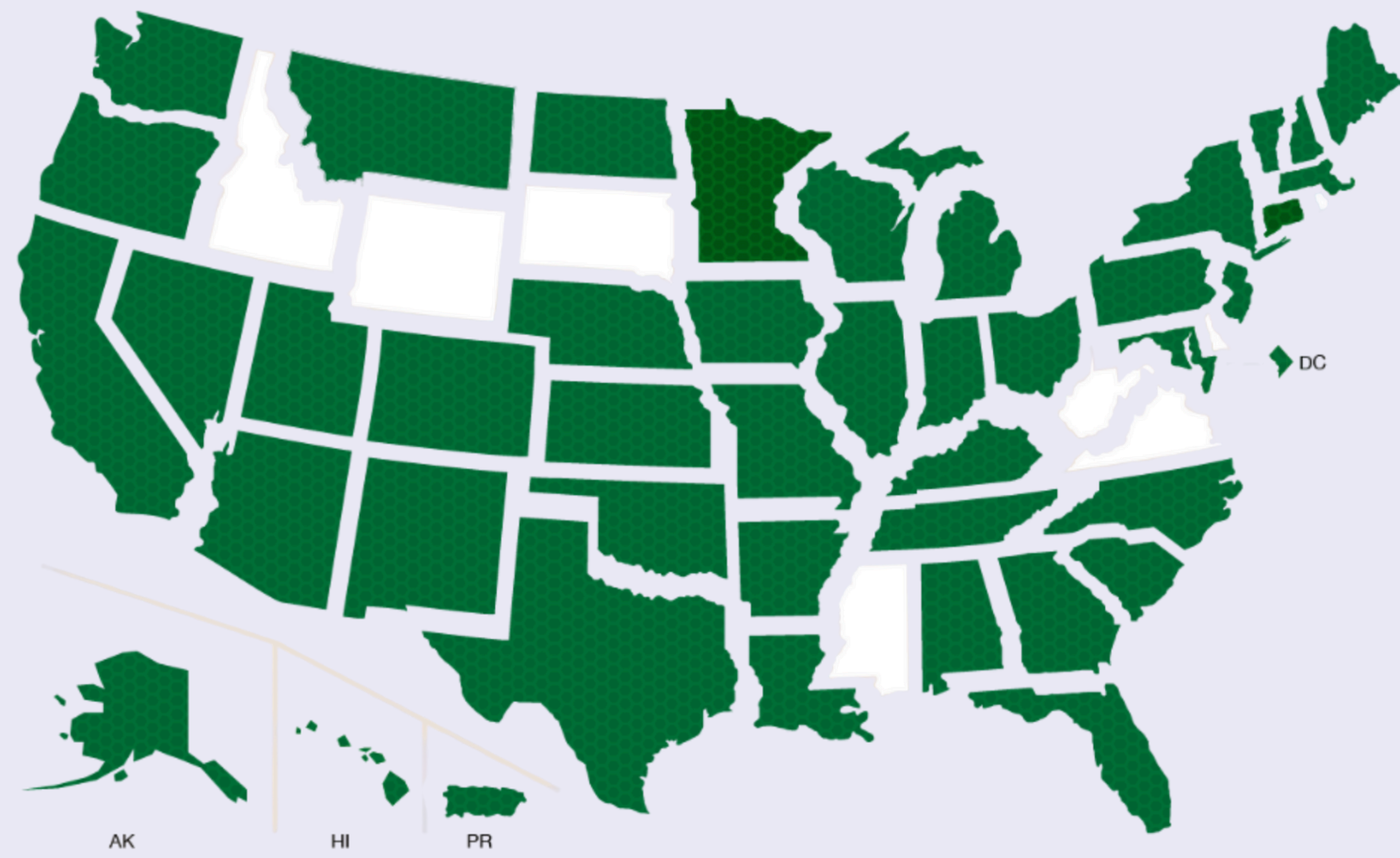
Perinatal CPP Cognition Substudy

We are using cutting-edge computational modeling methods to investigate whether dyadic-relational treatment during the perinatal period has implications for maternal cognition and infant neurodevelopment.



Training and Dissemination

States with CPP Dissemination in Community-Based Organizations



Policies for CPP Sustainability

Decades of CPP dissemination across diverse political and funding environments have yielded the following crucial elements to sustaining the model:

- **CPP Champion** at the state level
- **Public Funding** at consistent intervals
- **Implementation Lead/Hub** for statewide dissemination
- **IECMH System Infrastructure** for workforce and referral pipelines
- ****Enhanced Medicaid Reimbursement Rate** to adequately compensate for CPP clinical services and impact**

UCSF CPP Training Program

Between 1996 and 2024, CTRP has trained over 150 professionals:

- 30 psychiatry residents
- 78 psychology predoctoral interns
- 33 psychology postdoctoral fellows
- 16 social work trainees

CPP website:

