

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

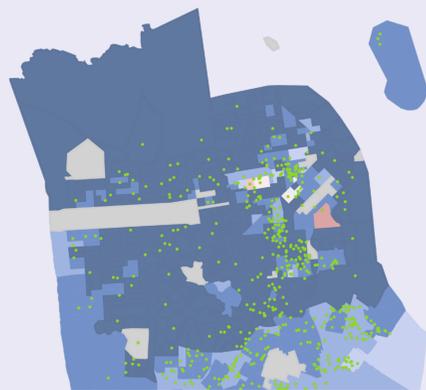
Child-Parent Psychotherapy (CPP)

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.

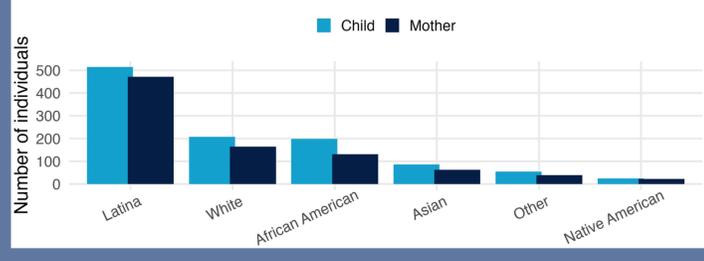
Families seen by CTRP 2005-2025

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]



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.

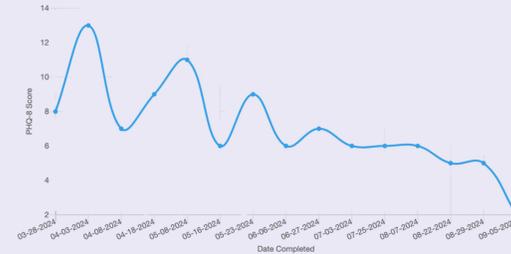
Research

CTRP Research Team: Recent Innovations

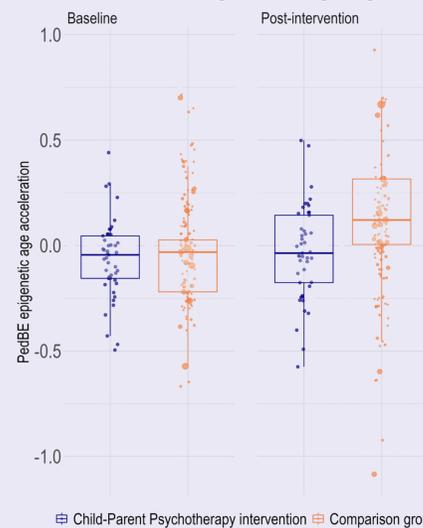
CTRP has been collecting clinical research data for over 20 years across several different studies. The CTRP Research Team is harmonizing these data to enable cross-study investigations of moderators of treatment effectiveness.

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



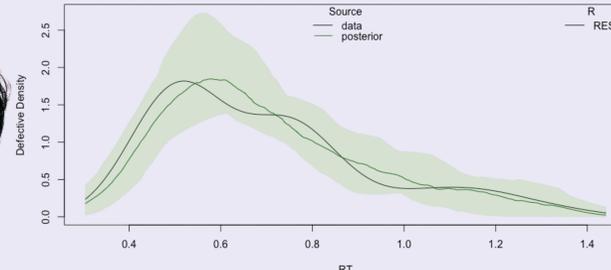
In collaboration with Dr. Nicole Bush, we measured children's biological aging before and after CPP in a treatment group and in a matched comparison group. We found the first empirical evidence that a psychosocial intervention (CPP) reduces biological aging acceleration in children exposed to trauma.

Read the paper:



Perinatal CPP Cognition Substudy

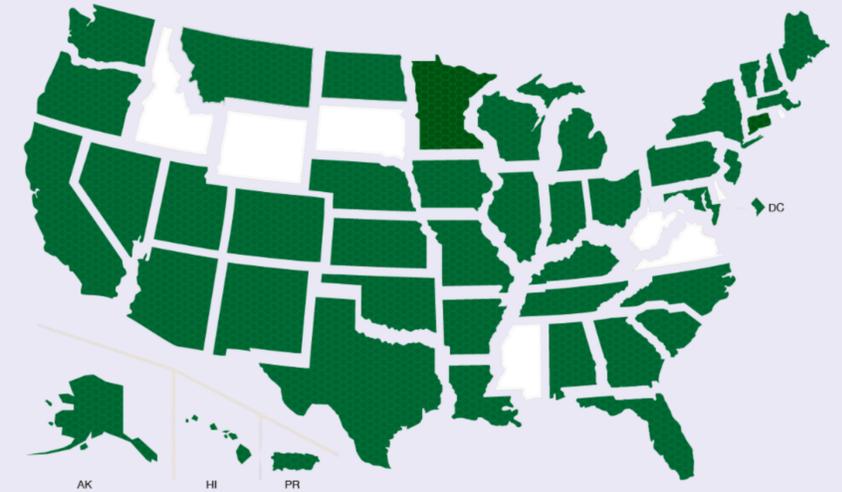
We are using cutting-edge computational modeling methods to investigate whether dyadic-relational treatment during the perinatal period has implications for maternal cognition and infant neurodevelopment.



Early results indicate that the Diffusion Decision Model successfully describes mothers' task performance.

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:

