Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT)

TARGET AUDIENCE
This program is for children who are 3 to 17 years old and their parents who have physically abused or are at risk of physically abusing their children.

SUMMARY
Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT), a community-based intervention, is designed to help children heal from abusive experiences and help parents develop child rearing skills that will assist them in avoiding future abusive behaviors. The program also focuses on and helps prevent abusive behaviors within at-risk families.

EVIDENCE
Preliminary evaluations of the CPC-CBT program suggest that participants may experience positive changes in parenting behaviors, child mental health outcomes, and child behavioral problems. However, since these evaluations included a variety of limitations, the findings should be considered preliminary. Additional research with larger samples, better comparison groups, and lower participant drop-out rates should be conducted before definitive conclusions are drawn.

COMPONENTS
CPC-CBT is a treatment program that includes individual or group sessions that utilize cognitive behavioral principles to assist child victims of abuse and their parents. Similar programs typically target only the perpetrators of abuse. CPC-CBT includes four phases.

- Engagement & Psychoeducation: Motivates parents who may not be actively thinking about changing their parenting behaviors;
- Coping Skill Building: Focuses on developing or improving parenting and communication skills among parents and coping skills among children;
- Family Safety Planning: Teaches family members to recognize when family interactions are escalating and how to calm down; and
- Abuse Clarification: Encourages children to share thoughts and feelings about abuse and helps parents develop empathy for their children's experiences.

PREVIOUS USE
CPC-CBT has been implemented throughout the United States and was introduced in Sweden in 2007 by one of the developers.
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TRAINING
This program is implemented by clinicians who have a master's degree or higher in a mental health profession. Training is required, and there are several options. Each option varies in length, intensity, and cost. Please contact Dr. Melissa Runyon by phone 1-404-469-8668 or email melissarunyonphd@gmail.com for more information.

CONSIDERATIONS
Considerations for implementing this program include recruiting qualified therapists, acquiring buy-in from mental health agencies, locating suitable space to hold sessions, and understanding that substantial costs may be associated with trainings and program implementation.

The Clearinghouse can help address these considerations. Please call 1-877-382-9185 or emailClearinghouse@psu.edu.

IMPLEMENTATION
If you are interested in implementing CPC-CBT, the Clearinghouse is interested in helping you! Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

TIME
The CPC-CBT program is delivered in 16 to 20 individual or group sessions. Each individual session is 90 minutes, and each group session is 2 hours.

COST
Costs for implementing CPC-CBT vary depending on existing resources. Typical costs include staff salaries, basic facility administering costs, and acquiring space.

EVALUATION PLAN
To move CPC-CBT to the Promising category on the Clearinghouse Continuum of Evidence, at least one evaluation should be performed demonstrating positive effects lasting at least one year from the beginning of the program or at least six months from program completion.

The Clearinghouse can help you develop an evaluation plan to ensure the program components are meeting your goals. Please call 1-877-382-9185 or email Clearinghouse@psu.edu.

CONTACT
Contact the Clearinghouse with any questions regarding this program. Phone: 1-877-382-9185 Email: Clearinghouse@psu.edu

You may also contact CARES by phone 1-856-566-7036, fax 1-856-6108, or visit www.caresinstitute.org/contact.php.

SOURCE
www.caresinstitute.org/services_parent-child.php and
www.cebc4cw.org/program/combined-parent-child-cognitive-behavioral-therapy-cpc-cbt/detailed