### **About**

- Felton Institute's Early Care and Education Programs now offer therapy for children ages 0-5 and their caregivers.
- Treatment is currently being offered at our Family Developmental Center (FDC) and Dr. Martin Luther King Jr. Center (MLK) in San Francisco.
- If your family has experienced separations, violence or any other stressful event, you may benefit from Child-Parent Psychotherapy.



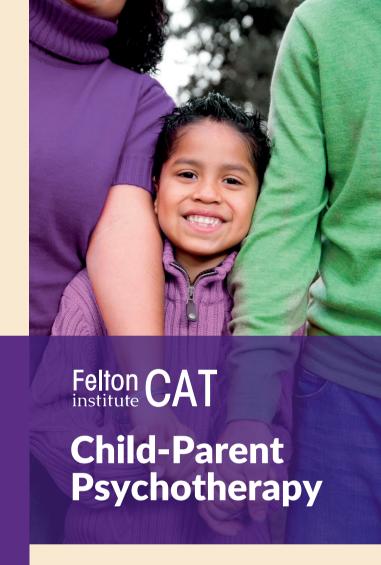
#### **Contact**

- Contact the Connect and Thrive Program (CAT) at (415) 282-1090
- Or send an email to CAT@felton.org

Connect And Thrive (CAT) is Felton Institute's embedded Early Childhood & Education (ECE) mental health program.

### Locations

- Family Developmental Center (FDC)
   2730 Bryant Street,
   1st Floor,
   San Francisco
- Solmar Learning Center (SLC)
  199 Shotwell Street,
  San Francisco
- Sojourner Truth Center (STC)
  1 Cashmere Street,
  San Francisco
- Dr. Martin Luther King Jr. Center (MLK)
   200 Cashmere Street,
   San Francisco



- **?** Concerned about changes in your child's behaviors?
- Worried about how stressful life events may have affected your child?
- ? Feeling stressed and would like support with parenting?

#### **Process**

## First Stage | Intake

- Therapist will meet with caregiver one-on-one for two to five sessions.
- Therapist will ask caregiver for information about family history, including stressful events, challenges and family strengths.
- Therapist will support in connecting family to other resources as needed.

## Second Stage | Treatment

- Therapist, child and caregiver will meet once a week for play-based sessions at home, at childcare or in the community.
- Therapist and caregiver will help explain to the child why they are in therapy and help child use toys to express how they are feeling.
- Therapist will help child and caregiver talk/play about difficult experiences and create a family story that leads to healing.

## Third Stage | Wrapping Up

- Once goals have been met, therapist and family celebrate changes.
- Therapist helps family plan for dealing with difficult feelings in the future.



This is a type of therapy made especially for young children and the people most important to them.

## What Is Child-Parent Psychotherapy?

- Both child and caregiver participate in therapy together. Sessions are with child, caregiver and therapist.
- CPP uses the child-caregiver bond to help heal from difficult experience.
- In CPP sessions, the therapist will help the child communicate through play.
- CPP respects and honors family and cultural values.

# What Does Child-Parent Psychotherapy Help With?

- If a child has been separated from a caregiver, experienced a major loss, witness/experienced abuse or violence, have been hospitalized or experienced any other highly stressful event.
- If your child is starting to have difficult behaviors.
- If, as a caregiver, you would like support with parenting and the parent-child relationship.

