

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



Felton **CAT**
institute

Child-Parent Psychotherapy



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

I. 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.

II. 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.

III. 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.

