

Perinatal Child-Parent Psychotherapy

12 month Learning Collaborative for CPP Rostered Clinicians

TRAINING AGREEMENT (v. 2021)

These are the minimum training component requirements for all 12 month P-CPP Learning Collaborative participants. Those who complete these requirements will be invited to be on the P-CPP roster.

P-CPP Learning Collaborative Components

Component 1: Completion of CPP Implementation Didactics

- Participants have completed an implementation level training in CPP
 - Learning Collaborative
 - CAMP
 - CPP-Internship
- Participants have completed the CPP Implementation Rostering requirements
- Participants must be 1-year post CPP-roster-eligible. The date of CPP roster eligibility is determined by the date indicated on the CPP training completion verification form.

Component 2: Participate in initial core P-CPP Didactic Training

- 18 content hours minimum

Component 3: Read the P-CPP manual

- **(Required)** Lieberman, A.F., Diaz, M., Castro, G., Oliver Bucio, G.. (2020). *Make Room for Baby: Perinatal Child-Parent Psychotherapy to Repair Trauma and Promote Attachment*. New York: The Guilford Press
- Additional recommended reading will be provided in the learning collaborative toolkit.

Component 4: Provide P-CPP to expecting/pregnant families who have experienced at least one traumatic event

- Work with the minimum number of families given role in agency
 - Supervisors & Clinician Participants: 2 P-CPP cases
- Both cases must be treated for at least 16 sessions
 - Both cases must have completed a full foundational phase and included an introduction session to P-CPP using the P-CPP Triangle
 - At least 1 of the two must have started in the second trimester
- All involved an expecting/pregnant family preferably beginning treatment in the second trimester of pregnancy
Possible exceptions: 1 of the 2 cases may involve either: 1) a pregnant mother in the third trimester or 2) a mother who has recently given birth and had a traumatic birthing experience or 3) a mother who has recently given birth to a newborn who has been admitted to the NICU.
- This requirement may be completed after an LC has ended provided the person treated at least one case for at least 16 sessions during the LC, the person completed the components of the LC, and the person continues in P-CPP supervision (minimum twice monthly) at their agency with a supervisor who has been trained in P-CPP until they complete this requirement. This work must be completed within 3 years of finishing an LC.

Component 5: Participate in reflective P-CPP supervision

- Supervision provided by agency supervisor

- Either individual or group
- Ideally once per week, minimum 2x per month (on weeks when there is no consultation call)

Component 6: Participate in ongoing P-CPP consult calls

- Attend at least 90% of consult calls during the 12-month period (a minimum of 22 calls)
- Consultants will make every effort to provide at least 24 calls in the 12 month period

Component 7: Case Presentation

- Present at least two times either on P-CPP consultation calls or during Learning Session 2, unless group size does not permit.
- Share P-CPP Case Presentation Template and clinical material (process notes or video).
- Supervisor of the P-CPP case being presented should also be present on the calls if they are not a participant in the P-CPP LC.

Component 8: Participate in Intensive P-CPP Competency Building Workshops (Learning Session 2)

- 12 content hours minimum
- Typically held 6 months after the initial didactic training

Component 9: Fidelity Monitoring (see below)

Fidelity requirements vary by cohort due to the current lack of a P-CPP data system to allow for consistent entry of fidelity data. Your trainer will tell you the requirements for your cohort.

- Complete therapist fidelity forms: Minimum 2 cases (Ideally one high challenge and one low challenge case)
 - If a "fidelity case" terminates prior to completing 16 sessions, begin fidelity monitoring with another case
 - Review form with agency supervisor

Note: If consultants have serious concerns with P-CPP fidelity (e.g. not able to meet procedural fidelity, serious challenges conducting dyadic treatment, concerns with the way safety is addressed), they will discuss concerns with their supervisor/agency administrator. Significant breaches in fidelity that are not addressed may prevent rostering.

All training sessions, learning sessions, and consultation calls must be conducted by either endorsed P-CPP trainers or approved P-CPP apprentice trainers.

Educational and Licensure Requirements

At the start of training, the participant is:

- A Master's or doctoral level psychotherapist with a degree in a mental health discipline
- Rostered as a CPP Clinician

Note: This training is not considered intensive enough for students (e.g. practicum students and psychology interns to learn the model).

Unlicensed master's and doctoral level staff are eligible for participation and the roster only if:

- There is a licensed agency staff member who supervises that team member and participates in the LC for the duration of the training OR
- There is a licensed agency supervisor already trained in P-CPP who supervises that team member.

- If you do not complete the minimum requirements, you will not complete the course, and you will not be included on a roster.

- If you miss the first learning session, you will not be able to begin training until you complete that learning session.
- If you miss the second learning session or are slightly under the required number of consultation sessions, you may request that your P-CPP trainer provide you with additional consultation and/or the possibility of attending another learning session in order to gain additional P-CPP training experience and make-up the training hours. P-CPP trainers will generally try to accommodate your request because we want everyone to complete training, but there may be additional costs associated with these make-up sessions, and we cannot guarantee that make-up sessions will be available.

Upon completion of all minimum training requirements along with educational and licensure requirements, you will receive a certificate of completion, and you will be invited to the national Child-Parent Psychotherapy roster.

By signing here, you acknowledge that you understand and agree with the minimum requirements for completing an implementation-level course in Perinatal Child-Parent Psychotherapy.

Therapist name (please print)

Therapist Signature & Date

Agency name (please print)