

Child-Parent Psychotherapy

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Infant Mental Health

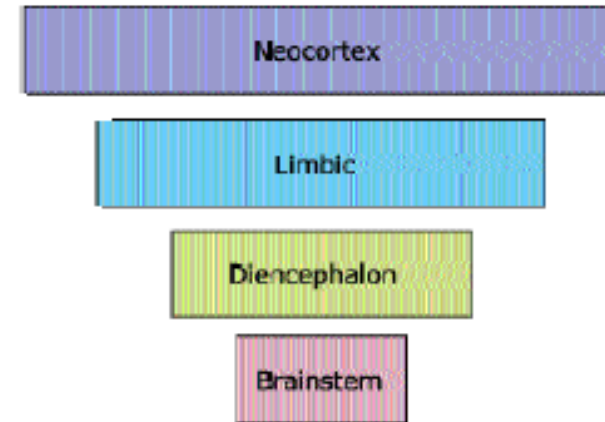
*"The field of **Infant Mental Health** may be defined as multidisciplinary approaches to enhancing the social and emotional competence of infants in their biological, relationship, and cultural context." (Zeanah & Zeanah, 2001).*



Babies Remember

Brain Development

- Bottom to Top
- Right to Left
- Inside to Outside
- 32-weeks gestation
- One-day-old
- One-year-old
- 18-months-old
- Three-years-old
- Five-years-old



The brainstem controls heart rate, body temperature, and other survival-related functions. It also stores anxiety or arousal states associated with a traumatic event. Moving outward towards the neocortex, complexity of functions increases. The limbic system stores emotional information and the neocortex controls abstract thought and cognitive memory.

Not all relationships are
attachments

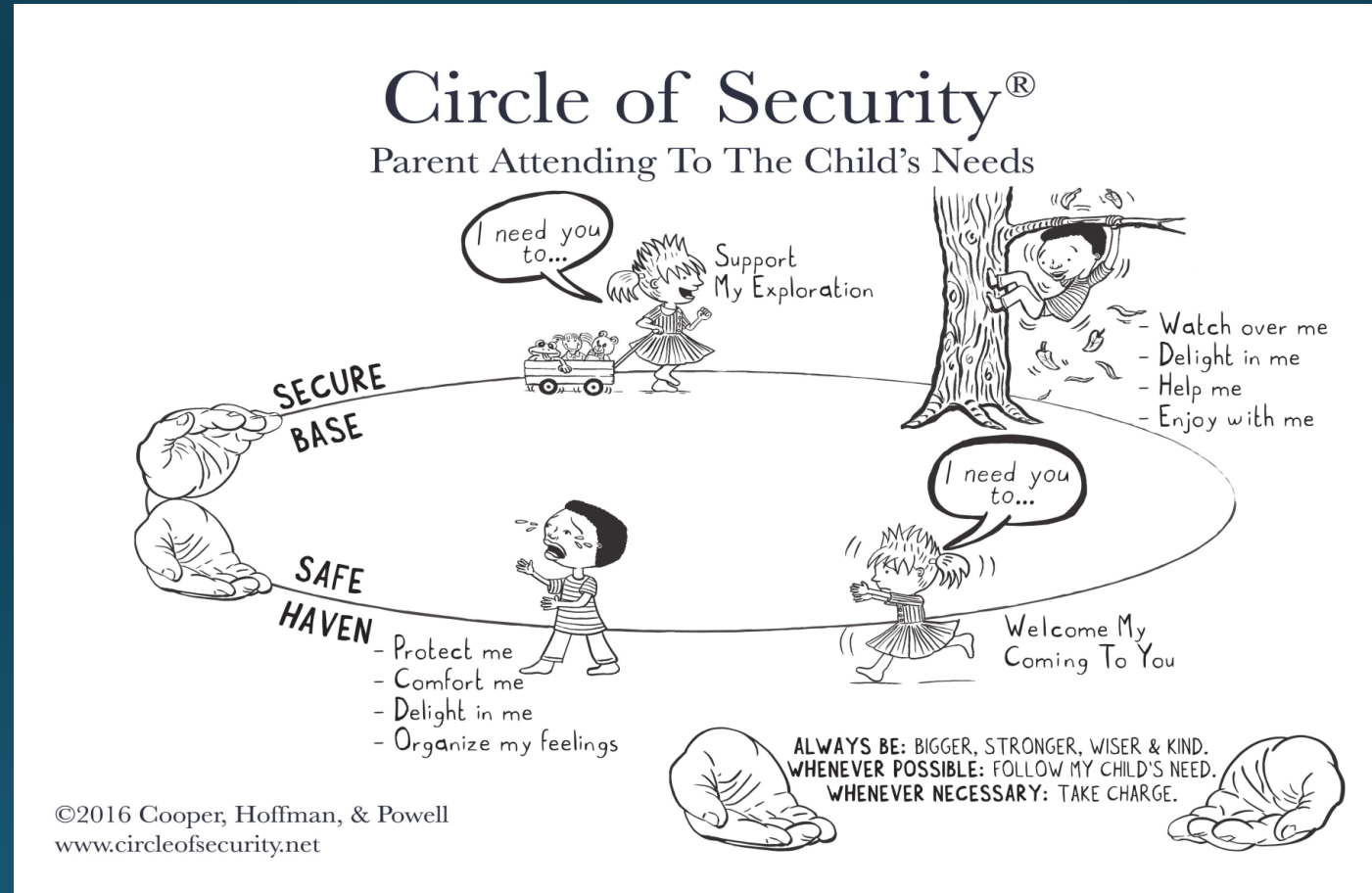
But all attachments are
relationships

What is the biological
purpose of attachment?

Trauma in attachment
relationships

Attachment VS. Relationships

Formation of Attachment



Attachment Relationship

- The attachment relationship is the vehicle which drives the development of a young child.
- It also is how a child learns to organize and integrate traumatic events.



Adverse Childhood Events

- Before the age of 18
- More than four is clinically significant
- Changed the way society views childhood trauma
- Criticisms...

The three types of ACEs include

ABUSE



Physical



Emotional



Sexual

NEGLECT



Physical



Emotional

HOUSEHOLD DYSFUNCTION



Mental Illness



Incarcerated Relative



Mother treated violently



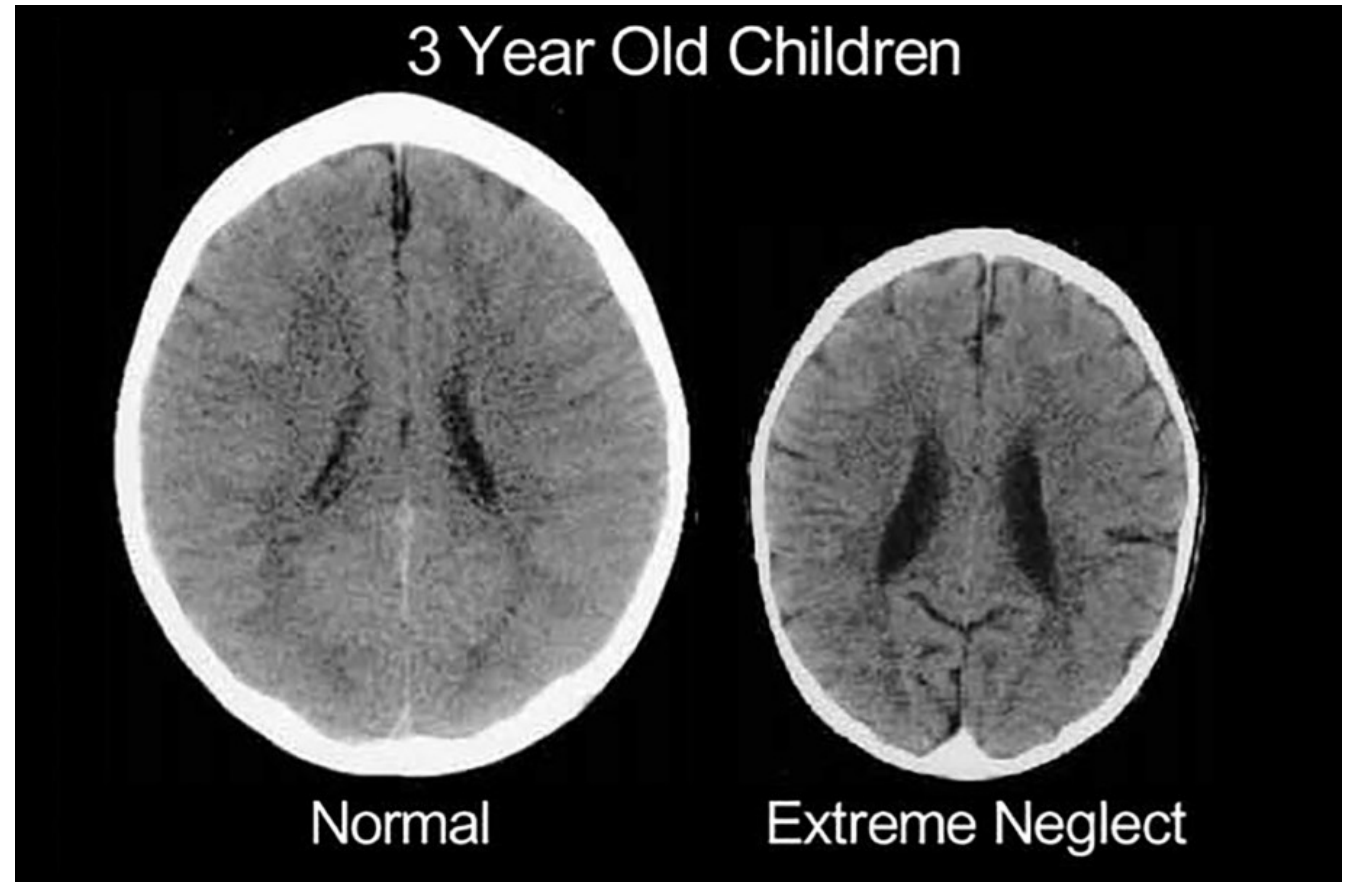
Substance Abuse



Divorce

Developmental Trauma

- Brains that have experienced early trauma or neglect are more sensitive to threat perception because the alarm system gets stuck in the ON position.
- Babies are more likely to experience fear, anxiety, and insecurity if their neural template of relationship is that the world is not safe.
- When the stress and trauma come from the source of protection, this can lead to extreme dysregulation. Without repair, this results in actual changes in the baby's brain.



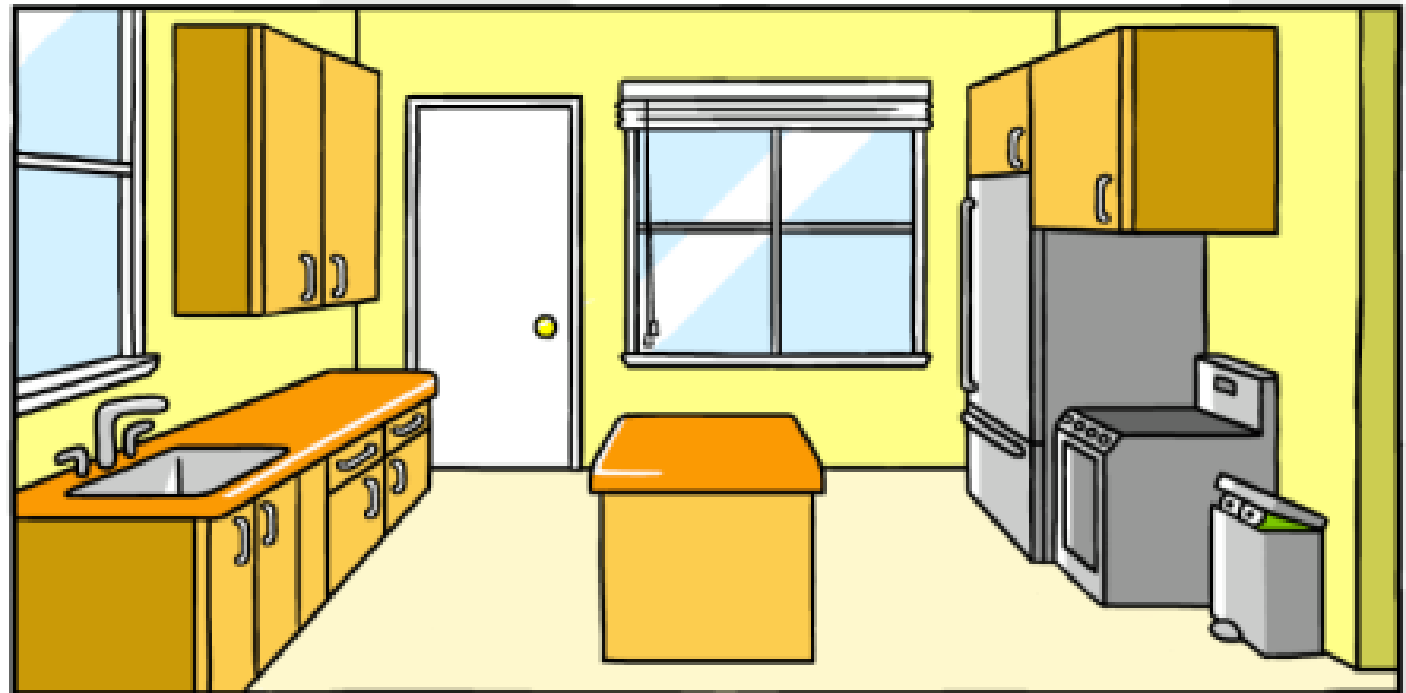


Reflection

- How's everyone doing?

Diversity-Informed Practice

- “Diversity-informed practice is dynamic, focusing not just on values, beliefs or experiences of a group or individual but on interactions among people with different views. It also involves an understanding of how interactions are shaped by the larger sociopolitical and historical context” - Chandra Ghosh Ippen



Child-Parent Psychotherapy

- A relationship-based treatment for parents and young children that aims to help restore normal developmental functioning in the wake of violence and trauma.



"What do we live for, if it is not to make life less difficult for each other?"

George Eliot

Post-Traumatic Stress Disorder

Developmental Trauma Disorder (DTD)

DSM-5

DC: 0-5

- PTSD
 - A: Exposure to traumatic event to self or caregiver (1)
 - B: Re-experiencing of traumatic event (1)
 - C: Avoidant behavior of trauma reminders (1 or)
 - D: Decreased positive emotions (1 or)
 - E: Hyperarousal (2)
 - F: Interference in family functioning (All)

Symptoms of Trauma in Early Childhood

Hyperarousal-Fight/Flight

- Hitting
- Kicking
- Biting
- Running
- Throwing toys

Hypoarousal-Freeze

- Disassociation

CPP as Intervention



- Foundational Phase
 - Understand Parent (parents hx and experiences)
 - Understand Child (behaviors/symptoms/development)
 - Developmental Guidance
 - Build Rapport
- Feedback Phase
 - Partner with parent on how to help child
 - Speak the unspeakable
- Intervention Phase
 - Give child a narrative of their experience
 - Improve parent child-relationship
 - Help parent and child regulate emotions
 - Benevolence in the conflict

Thank you, and
please remember...

