



# Child-Parent Relationship Therapy

## An Evidence-Based Intervention

### What is Child-Parent Relationship Therapy?



- A play-based mental health intervention for social, emotional, behavioral, & attachment disorders
- A systemic intervention grounded in Child-Centered Play Therapy theory, attachment principles, and neurobiology
- Appropriate for parents/caregivers and their young children
- Nationally recognized evidence-based intervention
- A way to make a difference in a child's life!

### Treatment Manual and Resources

Landreth, G., & Bratton, S. (2020). Child-Parent Relationship Therapy: An evidence-based 10-session filial therapy model (2nd ed.). Routledge.

Bratton, S., & Landreth, G. (2020). Child-Parent Relationship Therapy treatment manual: An evidence-based 10-session filial therapy model (2nd ed.). Routledge. \*

\*CPRT manual is available in English, Chinese, Japanese, Korean and Spanish.



### Evidence-Base for CPRT



- Rated Promising by TheTitle IV Prevention Services Clearinghouse for child emotional and behavioral functioning, positive parenting practices, parent/caregiver mental or emotional health, and family functioning.
- Rated Promising by the California Evidence-Based Clearinghouse for attachment interventions, disruptive behavior treatment and parent training programs that address behavior problems in children and adolescents.

### Get CPRT Certified!

CPRT certification is for you if you:

- want to develop expertise in an evidence-based intervention
- believe a secure parent-child relationship is the essential factor for a child's well-being
- want to create lasting, positive change
- and teach parents skills to respond more effectively to their children's emotional and behavioral needs!

