207: Child Parent Psychotherapy: A Therapist’s Perspective

1. Abstract

- Title: Child Parent Psychotherapy: A Therapist’s Perspective
- 3-4 identified learning objectives (Upon completion of this workshop participants will be able to...)
  i. Attendees will learn about 2 assessments used in Child-Parent Psychotherapy and how they relate to measuring success.
  ii. Attendees will be able to identify 2 ways in which infant mental health practice for therapists is different from working with other child populations.
  iii. Participants will learn at least two areas of focus for training and continuing education for therapists working with young children.
  iv. Attendees will learn about the complexities of working with multiple caregivers and systems in order to serve very young children in therapy.
- Narrative overview inclusive of key points that will be covered, or a detailed outline
  i. This session will focus on the practical application of infant mental health therapy with an emphasis on Child-Parent Psychotherapy. Three therapists who work at The Parent Child Center of Tulsa within the Children’s Treatment department will give participants an introduction to how day-to-day work with children 0-5 differs from other therapeutic practice with children. Some examples of these differences that will be discussed include the extensive need for collaboration with multiple parties, the need for interaction with the court, and the intensely personal aspects of this work. The presenters will talk about the types of professional preparation needed in order to have success as an infant mental health therapist as well as ongoing professional development, training and support that they seek out and utilize in order to maintain their knowledge base in a field that is rapidly evolving. The therapists will use case examples in order to convey information about assessing and treating infants and toddlers within the context of their primary relationships. Each of these three presenters has a different experience of becoming an infant mental health provider and they will share their perspectives and lessons learned in order to help attendees get a better sense of the rewards and challenges of providing services to this population.
- Sources/references of content
  ii. Psychotherapy with Infants and Young Children; Repairing the Effects of Stress and Trauma on Early Attachment by Alicia F. Lieberman and Patricia Van Horn.
  iv. DC: 0-3 Casebook: A Guide to the Use of ZERO TO THREE’S “Diagnostic Classification of Mental Health and Developmental Disorders of Infancy and
early Childhood” in Assessment and Treatment Planning. Editors Alicia Lieberman, Serena Wieder, Emily Fenichel.


• The tracks that apply to our proposed presentation are Assessment/Treatment and Special Populations.

2. Brief Summary

Participants will gain a better understanding of what practice for therapists working with infants and toddlers looks and feels like. Through case examples, three therapists who work primarily with infants and toddlers will lead attendees through their journey into this work, training and support they find helpful, and the aspects of this work that make it profoundly different from therapy with older children. Attendees will take away practical information about how to identify a need for infant mental health intervention, what to do if you find you are in over your head, assessing within dyads, and treatment using Child-Parent Psychotherapy.

3. Name/professional credentials and affiliation for each presenter (maximum 3 presenters for workshops, 2 presenters for power sessions) as it should be listed in conference related materials

• Melissa Thurman, MS LPC, IMH-E® - III, The Parent Child Center of Tulsa
• Shanna Eischen, MS LPC Candidate, IMH-E® - II, The Parent Child Center of Tulsa
• Karen Harvey, MS LPC, IMH-E® - I, The Parent Child Center of Tulsa

4. A brief biography for each presenter (700 Characters; approx. 100 words— for use in conference materials)

• Melissa Thurman is a Licensed Professional Counselor in the state of Oklahoma. She has spent her career working in trauma informed models with an emphasis on the particular needs of families with children from birth to five. The Oklahoma Association of Infant Mental Health has endorsed her as an Infant Mental Health Specialist (IMH-III®). She is a graduate of Northeastern State University in Oklahoma, and has provided mental health services in home-based, HeadStart based, and agency settings. At this time she is involved in a learning collaborative for Child Parent Psychotherapy and at end of the training will be a nationally registered CPP clinician.

• Shanna Eischen received a Bachelor’s degree in Human Development and Family Science, and then completed a Master’s degree in Counseling at Oklahoma State University in 2011. During this time, she worked with infants and toddlers in early childcare settings. Currently, she provides infant mental health services at The Parent Child Center of Tulsa. She is endorsed as an Infant Family Specialist by OK-AIMH and has is actively pursuing licensure as an LPC. She completed a learning collaborative in January, in Child Parent Psychotherapy and will soon be a nationally registered CPP clinician.

• Karen Harvey is a Licensed Professional Counselor in the State of Oklahoma. She is a graduate of Northeastern State University in Oklahoma and has practiced in home-based, HeadStart, Tulsa Educare and agency based services. She has spent her career working with children and their
families from birth to five in various models that focus on trauma and family systems. She is endorsed as an Infant Family Associate by the Oklahoma Association for Infant Mental Health. At this time she is involved in a learning collaborative for Child Parent Psychotherapy and at end of the training will be a nationally registered CPP clinician.