



Accredited course in Combined Parent-Child Cognitive Behavioral Therapy (CPC-CBT)

About the therapy program

The Combined Parent – Child Cognitive behavioral therapy (CPC-CBT) is an accredited course which builds competence in staff to offer strength-based therapy program for children and their parents (or caregivers) in families where parents engage in a continuum of coercive parenting strategies.

CPC- CBT is a manual based CBT treatment for families where physical child abuse has occurred and where the parents and children have been assessed being able to keep having contact.

The treatment includes families in outpatient care, alone or in group who receive treatment, at least 16 sessions once a week. Children and parents work individually and together. Every session ends with a conjoint meeting with the child and the parents for integration and practicing new skills and strategies.

The treatment builds upon different themes. Themes within the child's treatment is for example: psychoeducation related to physical abuse and reactions afterwards and help for the child to understand, express and handle feelings, trauma processing, safety plan and training social skills. Themes within the parental treatment is for example: psychoeducation related to physical abuse and reactions afterwards, parental strategies, to take responsibility for the violence, safety plan and to receive the child ´s trauma narrative.

Course description

It is a big responsibility to offer physically abused children treatment together with the parent/parents that violented the child. CPC-CBT has been shown to be an effective model given that the therapists are well familiar with the model and that they allow all the steps in the treatment model.

The course is divided into four seminars that focuses on different phases in the treatment. Parallel to the course, participant will practice with one family under supervision. The supervision is held in a group with 6-8 therapists. The course seminars are conducted in boarding format to give the participants the best prerequisite to practice and feel confident with the approach that it requires to work with the whole family starting with the child ´s narrative and retained focus on the violence.

The course instructors are certified Swedish CPC- CBT educators that have extensive clinical experience of family treatment and CPC- CBT.



(CPC-CBT) Training Course: content and certification

Course content

During the seminars, theory is connected to how the treatment is practically performed. The starting point is the CPC- CBT manual that describes the themes that are included and elements that needs to be completed in each session. Shorter lectures are layered with group work and practical moments. The emphasis is based on training the different parts in treatment and to reflect upon these.

After completing the course, the participants should have good knowledge about different theories that CPC- CBT is based upon as well as increased knowledge about how CPC- CBT is practically performed. The participants should also have completed CPC-CBT with one family under supervision. The goal is to be certified as a CPC- CBT therapist.

Qualifications, other terms and credit

- Degree in psychology, social work or equivalent of at least 120 credits
- The participation is anchored at a workplace such as Barnahus, social service or health care
- The course participant has access to at least one family to for training CPC- CBT, there are always two therapists working in one family but in families with many siblings we recommend three therapists.
- The course participant has access to all material that is recommended in the CPC- CBT treatment like games, books, crayons etc. (costs for material is estimated to 200 Euro).

Examination/Certification

To become a certified CPC- CBT therapist, the participant needs to attend 80 % of the seminars as well as all the supervisions. You should also have had completed CPC- CBT treatment under supervision for one family either as a child- or parent therapist.

The participants should also write a report describing one treatment session focusing on a certain chosen theme. The written report shall include the planning and implementation of the chosen treatment session, reflections from the therapist, and references to all mandatory literature. The course coordinator together with the trainer are responsible for the examination/certification.



(CPC-CBT) Training Course: sessions and scope

Course sessions

Type

Kick off,	1,5 h	online meeting
Learning seminar 1	3 days lunch-lunch	boarding, Sweden
Learning seminar 2	3 days lunch-lunch	boarding, Sweden
Learning seminar 3	3 days lunch-lunch	boarding, Sweden
Learning seminar 4	2 days lunch-lunch	boarding, Sweden

Actual dates and location for the training course, see link:

[Combined Parent-Child Cognitive Behavioral Therapy \(CPC-CBT\)](#)

Application for accredited course, see link:

[Application for accredited course: Combined Parent-Child Cognitive Behavioral Therapy \(CPC-CBT\)](#)

Available spots: 21-25 participants

Course fee: 44 000 SEK excluding 25 % VAT.

The cost of board and lodging for seminars 1 – 3 is included in the course fee (boarding form).

Attn. The cost of accommodation at seminar 4 is not included in the course fee.

The KIBB manual and mandatory course literature are included in the course fee.

Scope

A meeting is held via Teams for practical information and questions before the course begins.

The training requires approximately 1 day/week. It includes:

- 4 seminars (1-4)
- Preparation and reading of course material
- CPC- CBT treatment of 1 family during at least 16 weeks
- 12 Telephone/Skype/Teams supervisions
- The course will be held in English. The course manual is available in English or Swedish

The course participants will have access to a CPC- CBT project website where documents can be shared, questions asked and discussed.

For further information, contact course coordinator:

Emma Andersson, emma.andersson@allmannabarnhuset.se



(CPC-CBT) Training Course: background

The Combined Parent – Child Cognitive behavioral therapy was developed at the Cares-Institute in New Jersey by Melissa Runyon. Since 2006 the CPC- CPT has been used around the world and lately an evaluation was made in Sweden showing promising results when it comes to less trauma symptoms among the children and improved psychological health among both children and parents.

In spring 2019, Johanna Thulin presented her Ph.D thesis focused on CPC-CBT. The interview study showed that the children appreciated the treatment. The use of CPC- CBT (which focuses on the child ´s narrative and the consequences of the violence) led to a reduce violence within the family simultaneously as the relationship between the parents and the child improved. The trauma symptoms among the children decreased or disappeared. The effects remained even 6 months after the treatment. The CPC-CBT could thus be seen as a turning point for children, living in fear of violence, finally being able to live without it.

CPC- CBT is a manual based CBT treatment for families where physical child abuse have occurred and where the parents and children have been assessed being able to keep having contact. The treatment includes families in outpatient care, alone or in group who receive treatment, at least 16 sessions once a week. Children and parents work individually and together. Every session ends with a conjoint meeting with the child and the parents for integration and practicing new skills and strategies.

The treatment builds upon different themes seeing that research have shown that these are important components when working with families. Themes within the child´s treatment is for example: psychoeducation related to physical abuse and reactions afterwards and help for the child to understand, express and handle feelings, trauma processing, safety plan and training social skills. Themes within the parental treatment is for example: psychoeducation related to physical abuse and reactions afterwards, parental strategies, to take responsibility for the violence, safety plan and to receive the child ´s trauma narrative.

CPC- CBT has been used around the world since 2006 and an evaluation made in Sweden shows promising results when it comes to less trauma symptoms among the children and improved psychological health among both children and parents. It showed that the children appreciated the treatment. The use of CPC- CBT (which focuses on the child ´s narrative and the consequences of the violence) led to reduced violence within the family simultaneously as the relationship between the parents and the child improved. The trauma symptoms among the children decreased or disappeared. The effects remained even 6 months after the treatment. The CPC-CBT could thus be seen as a turning point for children, living in fear of violence, finally being able to live without it.