

The title of my workshop is: Speaking the Unspeakable: Child-Parent Psychotherapy for the Treatment of Early Childhood Trauma

Workshop Description: This workshop will present the theoretical framework and clinical strategies of Child-Parent Psychotherapy (CPP), a manualized, evidence-based treatment for children in the birth-five age range exposed to interpersonal violence, loss of a loved one, intrusive medical procedures, and other traumatic events. CPP efficacy is supported by 5 randomized studies showing significant improvements in child biomarkers, quality of attachment, cognitive performance, PTSD, and behavior problems, maternal functioning, and marital satisfaction.

This two-generation improvement highlights the importance of a relationship-based approach to the treatment of early childhood mental health problems. Perinatal CPP is an application to pregnancy and the post-partum period that shows effectiveness in reducing maternal depression, PTSD and risk for child abuse in clinical studies.

Alicia F. Lieberman, Ph.D., is Irving B. Harris Endowed Chair in Infant Mental Health, Professor and Vice Chair for Faculty Development at UCSF Department of Psychiatry, and director of the Child Trauma Research Program at Zuckerberg San Francisco General Hospital. She directs the Early Trauma Treatment Network, a center of SAMHSA National Child Traumatic Stress Network and is the PI of the Infancy and Early Childhood Mental Health Consortium, a federal grant to create an early childhood mental health workforce in 10 rural counties of Northern California and other states with large rural populations. She is the senior developer of Child-Parent Psychotherapy (CPP), an evidence-based treatment for traumatized children aged birth-five broadly used nationally and internationally as an evidence-based treatment for traumatized young children and their parents or caregivers. Her research involves treatment outcome studies in pregnancy and with traumatized young children from low-income and under-represented minority groups. She is the author of *The Emotional Life of the Toddler*, described as “groundbreaking” and now in its second edition to mark its 25th year in continuous print. She is also the author of numerous professional books and articles on pregnancy and early childhood mental health. Her work has been translated to several languages, including Arabic and Hebrew, and is used to increase understanding and foster dialogue between Israelis and Palestinians working with bereaved and traumatized young children and their families. Born in Paraguay, she received her professional training in Israel and the United States. Her cross-cultural experience as a Jewish Latina informs her commitment to increasing access and raising the standard of care for low-income and minority children and families. She is on national organizational boards, and in 2019 was appointed to the California Early Childhood Policy Council and is engaged with the California Office of the Surgeon General in training primary care providers in screening for Adverse Childhood Experiences (ACES) as part of the state-wide Aces Aware Initiative. She is the recipient of numerous awards, including in recent years the 2016 Rene Spitz Award for Lifetime Achievement from the World Association of Infant Mental Health (WAIMH), 2016 Hero Award from the San Francisco Department of Public Health, 2017 Whole Child Award from the Simms-Mann Institute, 2018 Blanche Ittleson Award from the Global Alliance for Behavioral Health and Social Justice, 2019

Paulina Kernberg Award from the Weill Cornell School of Medicine, and 2020 Lifetime Achievement Award from Zero to Three: National Center for Infants, Toddlers and their Families.

References

1. Lieberman, A. F., Ghosh Ippen, C. & Van Horn, P. (2006). Child-Parent Psychotherapy: Six month follow-up of a randomized control trial. *Journal of the American Academy of Child and Adolescent Psychiatry*, 45(8), 913-918.
2. Lieberman, A. F., Ghosh Ippen, C. & Van Horn, P. (2015). *Don't Hit My Mommy: A Manual for Child-Parent Psychotherapy with Young Witnesses of Family Violence*. Washington, D. C.: Zero to Three.
3. Lieberman, A. F., Diaz, M. A., 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.

Objectives

1. Participants will learn to identify the range of traumatic stress manifestations in the infancy and early childhood.
2. Participants will learn the theoretical framework of Child-Parent Psychotherapy.
3. Participants will learn the therapeutic modalities of Child-Parent Psychotherapy.