

## Trauma Informed Child Parent Psychotherapy Clinical Guideline

MVP Health Care, as part of its continuing Quality Improvement Program, adopted the guideline Child Parent Psychotherapy.

The full guidelines( or guides) are available at: [https://childparentpsychotherapy.com/wp-content/uploads/2017/10/cpp\\_brochure\\_blank-back-panel.pdf](https://childparentpsychotherapy.com/wp-content/uploads/2017/10/cpp_brochure_blank-back-panel.pdf) and <https://youth.gov/content/child%E2%80%93parent-psychotherapy>

### **Impact of The Condition**

Many families go through stressful experiences. We know that children are sensitive to stress in their environments and that very stressful events can affect a child’s development, mood, and behavior

### **Summary of the Guidelines**

- Child parent psychotherapy is for young children from birth through age five and their parents/caregivers.
- Child–Parent Psychotherapy is a relationship-based treatment for parents and young children, which aims to help restore normal developmental functioning after a traumatic event.
- Therapy focus is on restoring the attachment relationships that are negatively affected by trauma with an emphasis of the therapy sessions being the parent–child interaction.
- It recognizes that parents/caregivers are central to their child’s development, that stressful experiences can affect the parent-child relationship and that young children rely on their parents/caregivers to feel safe.
- Trauma Informed Child Parent Psychotherapy aims to support family strengths and relationships allowing them to recover and heal after a traumatic event or experience.

Additional tools to assist providers with educating their patients on behavioral health conditions are included in the Provider Quality Improvement Manual under Behavioral Health.

<https://www.mvphealthcare.com/providers/quality-programs/provider-quality-improvement-manual-pqim/>

In Conjunction with these guidelines, MVP Health Care offers Case Management for members with behavioral health conditions. If you would like to refer your patients to the Case Management program, please call the MVP Case Management Department at **1-800-852-7826**

This guideline is not intended to replace the role of clinical judgment by the physician in the management of this, or any other disease entity. It is an educational guideline to assist in the delivery of good medical care. All treatment decisions are ultimately up to the physician.

Where medication recommendations are made, please refer to each health plan's formulary for coverage considerations.

MVP Health Care updates its clinical guidelines at least every two years. The review process is also initiated when new scientific evidence or national standards are published. Practitioners are alerted via the web site and by written notices from the plan via fax or newsletter. A hard copy of the clinical guideline can be requested by calling the MVP Quality Improvement Department at **(800) 777-4793 extension 2247**.