



Child-Parent Relationship Therapy

"The parent-child connection is the most powerful mental health intervention known to mankind." (Bessel van der Kolk)

When children have problems, sometimes they don't have the words to talk about them. Play gives children a way to communicate feelings they don't understand or can't express any other way. Research has shown that motivated parents can be trained to be effective in helping their children through therapeutic play sessions with as little as 20 hours of training.

CPRT is an evidence-based treatment which uses the relationship between a parent and child to create change. Instead of establishing a new relationship with a therapist, the parent learns to nurture their child's emotional resiliency as the child expresses their emotions and needs in one of their closest and most permanent relationships.

During the pandemic and in times when there are significant changes in a child's family and relationships, working within a child's familial bubble fosters continuity and safety.

In CPRT, parents of 3- to 10-year-old children learn to understand and meet children's emotional needs using 30 minutes special playtimes once a week. In the training sessions, parents are taught some of the same skills that play therapists use to help children express themselves and cope with problems. The training atmosphere is friendly, accepting and interactive, making it enjoyable and interesting.

In 20 hours of training, parents learn how to:

- improve communication with child
- limit and discipline inappropriate behavior
- build their child's self-confidence
- recognize their child's emotional needs

In their special playtimes, children:

- discover their own strength
- reduce tensions, feelings and burdens
- develop ability for self-control and self-responsibility
- feel capable, understood and accepted

Contact Counseling for Resilience and Growth LLC at c4rg.com or call 484-401-7443 to discuss whether CPRT might be helpful for your child.