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**NEBRASKA**  
— Young Child Institute —  
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#NYCI2026



**IECMH Services in Nebraska**

Presented by:  
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Nebraska Resource Project for Vulnerable Young Children  
Center for Children, Families & the Law



The University of Nebraska and its associated health care units, including the program, intend to ensure genetic privacy, genetic testing, and genetic information, genetic testing, and genetic information, such as genetic information in a program, admission, enrollment, and other activities.

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**Infant & Early Childhood Mental Health (IECMH)**

- Outreach and Training for IECMH
- Training Therapists in IECMH evidenced-based practices
- Community of Practice to support Therapists and provide consultation & ongoing training
- Provide support that connects children to Therapists that can support IECMH



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**Evidenced-Based Practices in Nebraska**

Child-Parent Psychotherapy (CPP)

Parent-Child Interaction Therapy (PCIT)

Eye Movement Desensitization Reprocessing (EMDR)

Circle of Security Parenting™ (COSP)



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**What is Child-Parent Psychotherapy (CPP)?**

- Evidenced-based dyadic treatment for children 0-5.
- Focuses on healing traumatic or stressful events in the context of the caregiving relationship.
- Increasing attachment by healing ruptures in relationships.



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**What is CPP?**

"The primary goal of CPP is to support and strengthen the relationship between a child and his or her caregiver as a vehicle for restoring the child's cognitive, behavioral, and social functioning. Treatment also focuses on contextual factors that may affect the caregiver-child relationship."

*Alicia Liberman*



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**Initial Assessment Report or Trauma Assessment**

Child's Trauma & History	Parent's Trauma	Parent-Child Relationships
<ul style="list-style-type: none"> <li>• Initial Diagnostic Interview (IDI)</li> <li>• Trauma Assessment of the Child</li> <li>• Development Assessment</li> </ul>	<ul style="list-style-type: none"> <li>• Parent Interview</li> <li>• Trauma Assessment of each parent</li> <li>• Adult Attachment Interview</li> <li>• Ghosts &amp; Angels in the Nursery</li> </ul>	<ul style="list-style-type: none"> <li>• Crowl Assessment</li> <li>• Parent Feedback Session</li> </ul>



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**Intervention Modalities**

- Promote development: play, language, touch
- Unstructured/Reflective developmental guidance
- Modeling protective behaviors
- Interpretation: linking past to present
- Emotional support
- Concrete assistance – case management, crisis management



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**Therapeutic Objectives**

- Affect regulation
- Normalization of traumatic responses
- Trust in bodily sensations
- Support the parent-child relationship
- Differentiating remembering and reliving
- Engagement in learning
- Safety in the relationship and safety in the environment



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Interventions occur based on what is happening in the room

Parent

Child

Relationship



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### What to expect from treatment and collaboration

- This is considered a more long-term treatment model.
- Therapists should communicate for team meetings and provide regular updates to team. (Ask for Initial Assessment Report & Treatment Plans)
- Coordinate together services and interventions for the family.
- Encourage the caregivers to participate.



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### Does CPP Work?

**Outcome Measures**

**Children**



- Child Behavior Checklist (CBCL; Achenbach and Rescorla, 1998; Achenbach, 1999)
- Structured Interview for Diagnostic Classification (DC: 0-3 for Clinicians; DC: 0-3; Schwabachs et al., 11)

**Mothers**

- Symptom Checklist-90 Revised (SCL-90-R; Derogatis, 1994)
- Clinician Administered PTSD Scale (CAPS; Blake et al., 1990)

**Outcomes:**

- CPP children showed greater reductions in traumatic stress symptoms ( $d = .83$ )
- At posttest, significantly fewer children who received CPP met criteria for PTSD (8%) compared to comparison group children (26%); Rates of PTSD at intake were equal for the CPP group and 30% for comparison group.
- CPP children showed greater reductions in total behavior problems ( $d = .24$ )

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### When to refer a child and parent for CPP?

Consider referring to CPP when a child has experienced:

- Trauma
- Loss
- Ruptures in the parent-child relationship
- Other adjustments (moving placements)

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**What is Parent-Child Interaction Therapy (PCIT)?**

- An empirically supported therapeutic intervention model for children ages 2-7.
- Helps increase attachment while decreasing challenging behaviors with a dyadic approach.
- Can also be used with Autism Spectrum Disorder, PTSD, RAD, ADHD, Complex Trauma.



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**What is Parent-Child Interaction Therapy?**

1. Parent and child are seen in joint sessions on increasing positive interactions.
2. The focus of the coaching is modifying patterns of interaction by shaping the behaviors of both the parent and the child.
3. The therapist coaches the parent on positive parenting skills.
4. The therapist coaches the parent during two types of interactions: following the child's lead and leading the child.



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**2 Phases of Treatment**

**Child-Directed Interaction Phase (CDI)**

- Increase secure attachment patterns
- Helps change the parent's perception of the child
- Increase attunement & being with

**Parent-Directed Interaction Phase (PDI)**

- Working on child behaviors and concerns in a gradual progression
- Child must meet over 75% of the parent's commands and the parent must learn effective commands



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**Why Parent Coaching?**

- Parenting involves procedural memory.
- Being coached in parenting helps you learn a different way of responding.
- Parenting also can evoke strong emotion which may lead to reverting to previously learned ways of responding.



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**Treatment & Collaboration**

- ECBI Child's Progress
- DPICS Parent's Progress
- Initial Assessment Report

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**Does PCIT work?**

- PCIT gets a rating of "1" meaning it is "supported by research evidence."
- It's relevance to child welfare is a "2" or Medium.  
*(a rating of 1 being the highest rating)*



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**When do you refer a child & parent to PCIT?**

Consider referring to PCIT when a child is displaying:

- Challenging behaviors
- Disruptive behaviors
- Concerns with attachment
- Or to help with parental stress, frustration, or skills



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**What is Eye Movement Desensitization Reprocessing Therapy (EMDR)?**

- Evidence-based trauma treatment for ages 2+
- Helps children work through difficult experiences, including traumatic events, nightmares, anxiety, grief, big changes, etc.

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**What is EMDR?**

EMDR helps the child's brain and body know that was then and I'm safe now.



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**EMDR Processing**

Bi-lateral stimulation helps children move through tough memories.

- Eye Movements
- Tapping
- Sounds



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**EMDR addresses Negative Beliefs**


Young children, through difficult experiences often develop negative beliefs:

*It's my fault.  
I cannot trust adults.  
I'm dumb.*

EMDR helps shift to find new meaning:

*This had nothing to do with me.  
I can trust the people in my life today.  
It is okay to mess up.*

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**Does EMDR Work?**

- Decrease symptoms
- Increase attachment
- Be able to recall a memory without it being overwhelming



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**When do you refer a child to EMDR?**

Consider referring to EMDR when a child has experienced:

- Traumatic Event(s)
- Early Adverse Experiences

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**Circle of Security Parenting™ (COSP)**

- 8-week relationship-based parenting program.
- Built on decades of attachment research and is evidenced based model.
- Facilitators of the program are from different backgrounds.

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**Circle of Security Parenting™**

- Designed to help you learn how to respond to your child's needs in a way that enhances your connection.
- Helps caregivers reflect upon their child's attachment needs to promote secure attachment.
- Caregivers reflect upon their past experiences, positive and negative, and how these influence their strengths and struggles in meeting their child's attachment needs. (Shark Music)
- Being "good enough" and building confidence.

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**COSP Classroom**

- Early Care Professionals benefit from guidance on how to promote secure attachment relationships with children in their care.
- Designed to enhance confidence & ability to form security with teacher-student relationships which impacts learning.

Circle of Security®  
Teacher Attending to the Child's Needs

© 2000 Circle of Security, Inc.

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**When do you refer parents to COSP?**

Can refer all caregivers to COS-P including:

- Biological parents
- Foster parents
- Other caregivers

For more information and a provider list, visit:  
[www.necosp.org](http://www.necosp.org)

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**IECMH Clinician Directory**

Search the IECMH Clinicians Directory

County:  City:  Name:  Trained in:

Distance from you:

Distance:  Origin:

NAME	ORGANIZATION	EMAIL	PHONE	TRAINED IN	DC:0-5* TRAINED?
Lindsey Ondrak	Solid Rock Counseling, LLC 2315 W. 39th St., Ste. 109 Kearney, NE 68845	LindseyO@solidrock-counseling.org	(308) 224-5946	CPP, PCIT, EMDR	Yes

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**Questions?**

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**Facebook:** @nebraskababies  
**Twitter:** @nebraskababies



Scan here to set up  
an IECMH consultation

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IECMH Service in Nebraska

Thank you for attending this session.  
Please be sure to **submit your feedback** online!

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**References**

National Childhood Traumatic Stress Network:  
<https://learn.nctsn.org/mod/nctsnwebinar/view.php?id=11199>

Osofsky, J., Kronenberg, M., Hayes Hammer, J., Lederman, C., Adams, S., Graham, M., and Hogan, A. (2007) The Development and Evaluation of the Intervention Model for the Florida Infant Mental Health Pilot Program. *Infant Mental Health Journal*, Vol. 28 (3), 259-280.

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### Research Supporting CPP & PCIT

FFPSA Clearing House Rates CPP as "Promising"  
<https://prevention.services.acf.hhs.gov/programs/312/show>

The California Evidenced-Based Clearing House Rates CPP:  
<https://www.cebc4cw.org/program/child-parent-psychotherapy/>

FFPSA Clearing House Rates PCIT as "Well Supported"  
<https://prevention.services.acf.hhs.gov/programs/258/show>

The California Evidenced-Based Clearing House Rates PCIT:  
<https://www.cebc4cw.org/implementation/parent-child-interaction-therapy/>

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### Research to Support EMDR

The California Evidenced-Based Clearing House Rates EMDR:  
<https://www.cebc4cw.org/program/eye-movement-desensitization-and-reprocessing/>

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### Video References

Circle of Security Animation for more information:  
<https://www.youtube.com/watch?v=1wpz8m0BFM8&t=1s>

IECMH Services in Nebraska:  
<https://www.nebraskababies.com/ecmh/services>

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