

CHILD-PARENT RELATIONSHIP THERAPY (CPRT) | FILIAL THERAPY PROGRAM

WHAT IS CHILD-PARENT RELATIONSHIP THERAPY (CPRT)?

Child-Parent Relationship Therapy (CPRT) is a dynamic approach designed to reduce children's problem behaviours by enhancing the relationship between a parent and a child. Throughout the program, parents engage in weekly 1-hour individual/couple sessions dedicated solely to their development. Simultaneously, parents spend quality time with their children through 30-minute special playtimes at home.



PROGRAM DURATION: 10 CONSECUTIVE WEEKS

INDIVIDUAL/COUPLES PROGRAM

Investment: \$2700 (including GST if applicable)

Payment Plan: \$270 per week over 10 weeks

What's Included:

- 1 to 1.5-hour weekly session with a certified facilitator of the CPRT program
- 30-minute video review
- Access to resources tailored to enhance learning
- Guidance from a registered Play Therapist/Counsellor

WHY CPRT | FILIAL FAMILY THERAPY

Parents are the most important people and teachers to their own children. CPRT is a well established evidence – based therapeutic method that combines non-directive play therapy and family therapy to strengthen relationships, create healthy attachments and prevent family disruption. It can be a more direct and faster way of addressing challenging child-parent dynamics and associated behavioural and emotional difficulties.

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WHY PLAY?

Play is important to children because it is the most natural way they communicate: while adults talk about their experiences, thoughts, and feelings, children use toys to explore their experiences and express what they think and how they feel. This is not a typical playtime!

What kinds of things will I learn?

In Child-Parent Relationship Therapy (CPRT), parents learn and use many of the same skills that play therapists use with their clients, including:

- How to help children open up to you
- How to recognize and respond to children's emotional needs
- How to set limits and reduce power struggles
- How to increase self-esteem
- How to foster creativity, self-responsibility, and self-control

HOW IS THE INFORMATION TAUGHT?

The CPRT program employs a blend of media, including videos, group activities, collaborative discussions, and some lectures. The friendly atmosphere fosters interaction, creating an engaging and supportive experience. Additionally, you will connect with other parents navigating similar challenges. For those connecting individually you will connect 1:1 with therapist who will create a collaborative, engaging and support experience.

HOW WILL CPRT HELP MY CHILD?

Research has shown that motivated parents who have completed CPRT can be just as effective as play therapists at:

- Reducing problem behaviors
- Developing responsibility and self-control in children
- Increasing children's self-esteem
- Enhancing the parent-child relationship

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HOW IS CPRT DIFFERENT FROM ANY OTHER PARENTING CURRICULUM?

There are a lot of truly amazing parenting guides out there. However, here are some things that set CPRT apart from the others:

- You are not expected to go home and change everything you do. You will learn one new skill each week, which you will get to practice in your 30-minute playtime with your child. CPRT is less overwhelming than other models can be, which helps you retain the information more easily.
- CPRT will not make you a trained play therapist, BUT you will have a much greater understanding of what goes in a play therapy session between a trained therapist and your child. Other parenting models give great advice, but only CPRT involves showing parents how to have special playtimes.
- CPRT is recognised as an Evidence-Based Treatment, reinforcing its efficacy in fostering strong parent-child relationships.

TAKE THE FIRST STEP IN ENHANCING YOUR RELATIONSHIP WITH YOUR CHILD TODAY BY ENROLLING IN THE CHILD-PARENT RELATIONSHIP THERAPY PROGRAM!

**BOOK
A FREE
CONSULT
NOW**

THREE WAYS TO BOOK A CONSULT:



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