CPP Learning Collaborative
UK

November 9th, 10th, 11th, 12, 13th 2026

Nicola Cosgrave, BSc, MSc, DClinPsy, Cpsychol & Miriam Hernandez Dimmler, PhD

Learning Session 1: Core CPP Didactics
Intensive CPP Competency Building Workshop
VIRTUAL TRAINING BY ZOOM

Meeting ID: 917 5118 5101
Password: 270467

One Click Join from a PC, Mac, Linux, iOS or Android device:
https://ucsf.zoom.us/j/91751185101?pwd=8kDtdFTMJ22i9EFzB5LdQlypzvUwf8.1

Learning Session Overview

The goal of this workshop is to provide you with core didactics that will enable you to begin working with families using CPP. We also hope that you will begin to develop a relationship with the CPP trainers and other training participants that will grow as we continue learning together over the next 18 months.

Learning Session 1: Learning Objectives

At the end of the learning session, participants will be able to. . .

- Name at least four CPP treatment goals/objectives
- Name at last three core competencies of CPP
- Describe the concept of ghosts in the nursery
- Describe the concept of angels in the nursery
- Name at least two domains that therapists typically assess during a CPP assessment
- Name at least three of the six strands of CPP fidelity
- Name the three phases of CPP treatment
- Describe what is meant by emotional process fidelity
- Describe the components of the CPP triangle
- Describe the concept of ports of entry
- Name at least one situation in which CPP would be contraindicated

Agenda

Learning Session 1: Core CPP Didactics
Day 1: Monday 9th November 2026
10:00 am – 3.00pm

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60 minutes 10:00-11:00	Welcome and Introductions Training Overview
45 minutes 11:00-11:45	Historical Roots of CPP: Infant-Parent Psychotherapy Ghosts in the Nursery
30 minutes 11:45-12:15	Intervening with Ghosts
30 minutes 12:15-12:45	Break
15 minutes 12:45-1:00	Angels in the Nursery
15 minutes 1:00-1:15	Introduction to Ports
30 minutes 1:15-2:15	CPP: Introduction and Overview
45 minutes 2:15-3:00	Questions and Evaluation

Agenda

Learning Session 1: Core CPP Didactics
Day 2: Tuesday November 10 2026
12:00 pm – 5.00pm

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10 minutes 12:00-12:10	Welcome and Questions (Note: *Nicola arrives ~12:15*)
30 minutes 12:10-12:40	Darius and Dante
15 minutes 12:40-12:55	CPP: From Simple to Complex
5 minutes	Break
20 minutes 1:00-1:20	Theory and Therapeutic Stance Pillars of a Therapeutic Attitude
15 minutes 1:20-1:35	Introduction to Fidelity
30 minutes 1:35-2:05	Break
60 minutes 2:05-3:05	Fidelity Framework Reflective Practice with Small Group Exercise
60 minutes 3:05-4:10	Fidelity Framework Reflective Supervision
5 minutes	Break Emotional Process Dyadic Relational Trauma Framework
30 minutes 4:10-4:40	Questions and Evaluation

Agenda

Learning Session 1: Core CPP Didactics
Day 3: Wednesday November 11th 2026
10:00 pm – 1.00pm

Meeting ID: 917 5118 5101
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10 minutes Welcome and Questions
10:00-10:10

60 minutes Content Fidelity - Goals of CPP and Treatment Conceptualization
10:10-11:10

Break (10 mins)

20 minutes Jaylen Fisher Exercise
11:20-11:40

15 minutes Procedural Fidelity and Fidelity Tools
11:40-11:55

40 minutes Trauma Narrative, Acting as a Conduit
12:00 - 12:40

20 minutes Questions and Evaluation
12:40-1:00

Agenda

Learning Session 1: Core CPP Didactics
Day 4: Thursday November 12th 2026
12:00 pm – 5.00pm

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10 minutes 12:00-12:10	Welcome and Questions
30 minutes 12:10 - 12:40	Integrating a Socio-Cultural Lens with Small Group Exercise
60 minutes 12:40-1:40	Foundational Phase: Assessment & Engagement Overview, Organization & Fidelity, Domains & Measures Handout of CPP Assessment Measures
30 minutes 1:40-2:10	Break
45 minutes 2:10-2:55	Foundational Phase: Assessment & Engagement Domains & Measures (relationships) & Goals & Processes
5 minutes	Break
60 minutes 3:00-4:00	Trauma Screening Activity
5 minutes	Break
45 minutes 4:05-4:50	Foundational Phase: Feedback session
10 minutes 4:50-5:00	Questions and Evaluation

Agenda

Learning Session 1: Core CPP Didactics
Day 5: Friday November 13th 2026
10:00 pm – 3.00pm

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10 minutes 10:00-10:10	Welcome and Questions
20 minutes 10:55-11:15	Core Intervention Phase Trauma Informed Case Formulation & Treatment Planning
25 minutes 11:15-11:40	Core Intervention Phase Introducing the Child to CPP
5 minutes	Break
60 minutes 11:45-12:45	Ports of Entry with Small Group Exercise
30 minutes 12:45-1:15	Break
30 minutes 1:15-1:45	Co-Construct Meaning: Trauma Narrative
45 minutes 1:45-2:30	Consultation Group – Purpose and Process
30 minutes 2:30-3:00	Questions, Wrap-up, and Evaluation

End Learning Session 1 – Thank you for your participation!
