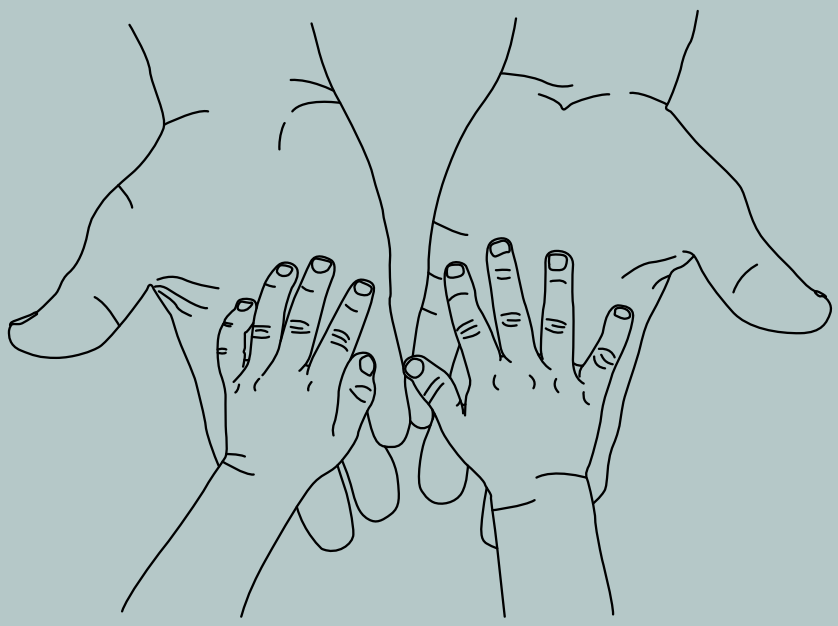
CHILD-PARENT RELATIONSHIP THERAPY

INFORMATION BOOKLET



A 10-week course to strengthen connection, communication, and build skills and confidence.

Delivered by Play Therapy North East

About Child-Parent Relationship Therapy (CPRT)

Is your child struggling with big feelings, behaviour, or connection?

You're not alone — and you don't have to figure it out by yourself.

This 10-week therapist-led online group is designed for parents and carers who want to improve their relationship with their child using evidence-based strategies that really work.

What You'll Gain:

A stronger bond and better communication with your child.

Practical skills in using play therapy techniques at home.

A deeper understanding of your child's emotional needs.

Ways to effectively discipline and limit inappropriate behaviour.

A safe space to reflect, share, and grow —with a qualified therapist guiding you.

With the right support, parents can make a real and lasting difference in their child's life.

What's Included:

- 10 weekly 90-minute live sessions (via Zoom or in person).
- An individual session at beginning and end of course.
- Small, supportive group (6-8 parents).
- Digital handouts, weekly tools, and take-home resources.
- Optional email support between sessions.
- Delivered by two experienced child & family therapist.
- An opportunity for on-going parent support.

Who is this for?

Parents or carers who:

- Want to improve connection and reduce conflict.
- Have children experiencing emotional or behavioural challenges.
- Are open to reflective parenting and trying new strategies.
- Want to build skills to respond effectively to children's emotional and behavioural needs.

"This group helped me feel contained, more connected with my child, and more confident as a parent."
– Parent from previous group

Additional Information

Child Parent Relationship Therapy (CPRT) programmes are available as individual families or small group of families,depending on preference
Please enquire about fees for individuals or groups.

Programmes are held online, with some in-person groups held in local community centres - please feel free to enquire about any upcoming groups or to express a preference for a particular area.

CPRT is a programme aimed at 3-8 year old children, however it is adaptable for older children, and for looked-after children. Please feel free to discuss what an adapted programme would look like.

To get in touch with any questions please contact:

Elaine Corrigan - elaine@playtherapynortheast.com

Creating a *calm, supportive space for families to understand, connect, and grow.*

Frequently Asked Questions:

What is this group about?

This 10-week online group is a structured, evidence-based intervention designed to strengthen the child-parent relationship, improve emotional connection, and support healthy communication. It's ideal for parents/carers of children aged 3–10 years old, although can be adapted for older/younger children.

Who is this for?

Parents or carers who:
Want to improve connection and reduce conflict
Have children experiencing emotional or behavioural challenges
Are open to reflective parenting and trying new strategies
You do not need a diagnosis or referral.

Do I attend with my child?

No — this is a parent-only group. The focus is on helping you understand and respond to your child's needs more effectively. You'll be applying strategies at home between sessions and recording some of your play sessions with your child to share with the group.

Will this be confidential?

Yes. All participants agree to a group confidentiality agreement. Nothing is recorded during the on-line session.

What if I miss a session?

We understand life happens. If you miss a session you'll receive a summary and handouts for that week.
Optional check-in support may be available depending on circumstances.

What if I have more than one child?

Your 1:1 sessions will focus on one child, however you might decide to practice with one child for one session and another child for the next session, or you may focus on one child for all of the 10 sessions, then doing this with your other child/children after completion of the 10 sessions.

How is the group delivered?

Online via Zoom (link provided each week) | In Person
90-minute sessions, same time each week
Confidential, supportive small group (6–8 families max)
Facilitated by an experienced, qualified therapist

Is this a parenting course?

It's more than that. This is a therapeutic, relational intervention. You'll learn evidence-based strategies while gaining insight into your child's emotional world and your own responses. It's gentle, reflective, and deeply supportive.

Additional information can be found here:

https://cpt.unt.edu/what-child-parent-relationship-therapy

https://www.playtherapynortheast.com