



# **Child Parent Relationship Therapy (CPRT) Treatment Manual: A 10-Session Filial Therapy Model for Training Parents**

*Sue C. Bratton, Garry L. Landreth, Theresa Kellam, Sandra Blackard*

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This manual is the highly recommended companion to *CPRT: A 10-Session Filial Therapy Model*. Accompanied by a CD-Rom of training materials, which allows for ease of reproduction and enhanced usability, the workbook will help the facilitator of the filial training and will provide a much needed educational outline to allow filial therapists to pass their knowledge on to parents. The *Treatment Manual* provides a comprehensive outline and detailed guidelines for each of the ten sessions, facilitating the training process for both the parents and the therapist. The book contains a designed structure for the therapy training described in the book, with child-centered play therapy principles and skills, such as reflective listening, recognizing and responding to children's feelings, therapeutic limit setting, building children's self-esteem, and structuring required weekly play sessions with their children using a special kit of selected toys.

Bratton and her co-authors recommend teaching aids, course materials, and activities for each session, as well as worksheets for parents to complete between sessions. By using this workbook and CD-Rom to accompany the *CPRT* book, filial therapy leaders will have a complete package for use in training parents to act as therapeutic agents with their own children. They provide the therapist with a complete package for training parents to act as therapeutic agents with their own children.

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