



Combined Parent-Child Cognitive Behavioral Therapy for Children and Families At-Risk for Child Physical Abuse

Combined Parent-Child Cognitive-Behavioral Treatment (CBT), which was developed by Melissa K. Runyon, PhD, in collaboration with Esther Deblinger, PhD, is an evidence-based treatment model that aims to empower parents to effectively parent their children in a non-coercive manner, improve parent-child relationships, assist children in healing from their abusive experiences, and enhance the safety of family members and thereby reduce the risk of the recurrence of child physical abuse in children and families at-risk for child physical abuse. The model incorporates elements from the Trauma-Focused CBT model for children who have suffered sexual abuse or other trauma, which was co-developed by Esther Deblinger, PhD, and other CBT models targeting families in which physical abuse and domestic violence occurs.

Some of the topics covered in a structured therapy sessions include:

- Providing parents with information concerning emotional and behavioral effects on children of severe corporal punishment and child physical abuse,
- Providing education about realistic expectations for children’s behavior based on developmental level,
- Empowering parents to be effective by working collaboratively with them to develop adaptive coping skills, non-violent conflict resolution skills, and a variety of child behavior management skills, and
- Teaching children a variety of positive coping skills (i.e., identification and expression of feelings, cognitive coping, assertiveness and anger management)
- Enhancing safety and communication in the family environment by developing a safety plan, and discussing and processing past abusive interactions.

Melissa K. Runyon, PhD, is a licensed clinical psychologist and associate professor at the University of Medicine and Dentistry of New Jersey - School of Osteopathic Medicine. She is the Treatment Services Director at the Child Abuse Research Education and Service (CARES) Institute, a nationally recognized program specializing in the medical and mental health evaluation and treatment of alleged victims of child abuse and neglect. Prior to this appointment, Dr. Runyon founded and directed the Child and Family Treatment Service (FACTS) program at the University of Miami School of Medicine-Child Protection Team.

Training Fees

Program Developer - Melissa K. Runyon, PhD	\$3,000 per day (plus travel expenses)
Other Experienced Trainers/Clinicians	\$2,000 per day (plus travel expenses)
On-going Telephone Consultation & Support	\$260/hour

Overview	1 day
Introductory Clinical Training	2-3 days
Advanced Clinical Training	3-5 days

Questions?

Please contact (856) 566-6732 or carestraining@umdnj.edu.