

# Infant & Early Childhood Mental Health (IECMH) in Nebraska

This guide will help you learn about IECMH services and find IECMH providers in Nebraska.



## Child-Parent Psychotherapy (CPP)

Ages 0-5

CPP is a dyadic therapy with a licensed clinician that helps young children process traumatic or stressful events through play and interactions with their caregivers. The clinician helps the caregiver support the child's healing and strengthen the relationship.

Consider referring to CPP when a child has experienced **trauma, loss, or disruptions in attachment.**

Learn more about CPP:



## Parent-Child Interaction Therapy (PCIT)

Ages 2-7

PCIT is a dyadic therapy with a licensed clinician that teaches parents to better manage their child's challenging behaviors and feel more confident in their parenting. The clinician coaches the parent on behavioral management techniques that help their child feel more secure. PCIT increases positive interactions between the parent and child while decreasing challenging behaviors.

Consider referring to PCIT when a child is displaying **challenging or disruptive behaviors**, or to help with **parental stress, frustration, or skills.**

Learn more about PCIT:



## Eye Movement Desensitization and Reprocessing (EMDR)

Ages 2+

EMDR is a therapy with a licensed clinician that helps children process traumatic experiences or other negative emotions through accessing adaptive memory networks that promote positive shifts in feelings and perceptions.

Consider referring to EMDR when a child has experienced a **traumatic or stressful event.**

Learn more about EMDR:



## Circle of Security Parenting™ (COSP)

All Ages

COSP is an 8-week, group-based parenting program that helps parents and caregivers form stronger relationships by more effectively responding to children's needs to enhance their security. The facilitator does not need to be a licensed clinician.

**Any caregiver** can be referred for COSP.

Learn more about COSP:



The Nebraska Resource Project for Vulnerable Young Children offers IECMH consultation. If you would like help in a case or in making a referral, please contact our IECMH Outreach and Training Specialist, Lindsey Ondrak, at [lindsey.ondrak@unl.edu](mailto:lindsey.ondrak@unl.edu).

For more information, visit our website at [nebraskababies.com/iecmh/services](https://nebraskababies.com/iecmh/services)



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