**Child Parent Relationship Training (CPRT):**

**Enhancing Parent-Child Relationships for Military Families**

Staci J. Jensen-Hart, Jeff Christensen, Lacey Dutka, Corey Leishman

Idaho State University

Author Contact Information:

Staci J. Jensen-Hart, MSW, LCSW, ACSW, Department of Sociology, Social Work, and Criminal Justice, Idaho State University, 921 South 8th Avenue, Mail Stop 8114, Pocatello, ID 83209. E-mail: [hartstac@isu.edu](mailto:hartstac@isu.edu)

Jeff Christensen, Student Research Assistant, Idaho State University, Social Work Program

Lacey Dutka, BSW, Student Research Assistant, Idaho State University, Social Work Program

Corey Leishman, Student Research Assistant, Idaho State University, Social Work Program

Note: This research was supported by Grant No. 1025 from the Faculty Research Committee, Idaho State University, Pocatello, Idaho

**Child Parent Relationship Training (CPRT):**

**Enhancing Parent-Child Relationships for Military Families**

**Abstract**

Military families experience increased stress when facing issues of deployment, separation, and reunification. The increased stress impacts the parent-child relationship as well as child behavioral and emotional well-being. Although recognizing the resiliency of military families, research points to the need to monitor parental stress both pre- and post-deployment and highlights the inherent risks that separation and reunification pose for the parent-child relationship bond. This pilot study was designed to explore the effectiveness of the Child-Parent Relationship Therapy (CPRT) Training Model as a proactive method of enhancing parent-child relationships, reducing parental stress, and preventing negative impact of military separations on children.

Keywords: Child Parent Relationships, filial therapy, military families