

2014 - 2015

PCIT and CARE Trainings

About Us:

The Trauma Treatment Training Center (TTTC) was developed by a team of professionals from the Mayerson Center for Safe & Healthy Children and The Childhood Trust, divisions of Cincinnati Children's Hospital Medical Center (CCHMC). The purpose of the TTTC is to develop expertise in transferring evidence-based and evidence-informed treatments for children with a history of trauma to community mental health providers.

Meet Our Trainers:

Robin Gurwitch, PhD

Clinical Psychologist, Psychiatry and Behavioral Sciences
Faculty, Duke University Medical Center

Dr. Gurwitch is a Certified Master Trainer through PCIT International.

Erica Pearl Messer, PsyD

Clinical Psychologist, Behavioral Medicine and Clinical Psychology / Mayerson Center
Assistant Professor, UC Department of Pediatrics, Cincinnati Children's Hospital

Dr. Messer is a Certified Level II Trainer through PCIT International.



TRAUMA TREATMENT TRAINING CENTER

Mayerson Center for Safe & Healthy Children
Cincinnati Children's Hospital Medical Center
3333 Burnet Avenue MLC 3008
Cincinnati, OH 45229-3039

www.cincinnatichildrens.org/TTTC

Parent-Child Interaction Therapy

Program Background:

Parent-Child Interaction Therapy (PCIT) is a short-term, specialized behavior management program designed for young children experiencing behavioral and/or emotional difficulties and their families. It is an evidence-based treatment supported by over 30 years of research and practice by PCIT providers throughout the United States and internationally (www.pcit.org). PCIT is an assessment driven, criteria-based therapy which focuses on improving positive child behaviors through a strong parent-child relationship. Research has found that successful completion of PCIT decreases parenting stress and reduces child behavior problems in the home, school, and public settings.

Target Population:

Unfortunately, children rarely outgrow many difficult behaviors. Should negative behaviors continue or increase, these are likely to interfere with the children's learning abilities and development of appropriate social skills, preventing them from reaching their full potential. Originally, PCIT was developed for children aged 2 to 7 with disruptive behaviors including ADHD, and their caregivers. PCIT has been successfully expanded for use with families of children who have a history of physical maltreatment, domestic violence, foster/adoptive care, parental substance abuse, developmental disabilities, and/or reunification or adjustment difficulties.

Training Overview:

PCIT International requires completion of several training components in order to prepare therapists to implement Parent-Child Interaction Therapy with integrity and fidelity and to become eligible for certification. The complete PCIT Guidelines are available at www.pcit.org. TTTC offers the following training components:

- Initial (Basic) PCIT Training
- Clinical Case Consultation
- Treatment Session Review

Eligible Trainees:

Our PCIT training program is designed for community-based therapists to learn to implement PCIT and to prepare trainees to meet PCIT International's training guidelines for certification. Trainees must be licensed therapists who are interested in becoming Parent-Child Interaction Therapy (PCIT) providers. Trainees must have agency support for PCIT Training; including PCIT materials, sufficient training time, appropriate space to deliver PCIT services and referrals of at least 2-4 PCIT cases in the year following training. Trainees must see an active caseload of age appropriate children for PCIT.

Training Costs:

TTTC offers a bundled package (one price) that includes the minimum components required to prepare providers to implement therapy and to meet eligibility criteria for PCIT certification. Additionally, trainees may customize their training experience by adding more frequent clinical case consultations and/or additional treatment session reviews.

Training costs do not include travel or lodging. However, the PCIT Training program can assist with travel arrangements.

Initial (Basic) PCIT Training

Location: Cincinnati Children's Hospital Medical Center, Cincinnati, OH

The PCIT training program is designed for community-based therapists to learn to implement PCIT as an evidenced-based treatment for young children with disruptive behavior, and/or families referred for parenting services. This packaged program offers the minimum PCIT International training components and includes 7 total days of basic PCIT training, bi-weekly clinical case consultations calls with PCIT trainers for 12 months and 4 treatment session reviews (recordings with feedback provided).

Training Sessions

The first session is a 5-day workshop covering the basics of PCIT, coaching strategies, and implementing the first phase of treatment: the Child Directed Interaction (CDI). Training includes:

- Didactic presentations on the theory and techniques of PCIT
- Modeling and role plays of key parent and therapist skills
- Intensive skills training in PCIT techniques
- Hands on practice of skills with children
- Small group format with direct feedback from trainers
- Treatment competency checks from trainers

The second session is a 2-day workshop, scheduled approximately 8-10 weeks after the initial session, reviewing basics of PCIT and CDI but focusing on the 2nd phase of treatment; the Parent Directed Interaction (PDI). Training includes:

- Review of CDI skills
- Intensive skills training focusing on the discipline phase of PCIT (Parent-Directed Interaction, PDI)
- Hands on practice of skills with children

Training sessions are limited to 6-12 trainees. In addition to instruction, trainees will receive the PCIT 2011 Protocol and DPICS-IV Clinical Workbook (when available) and extra useful clinical materials.

Clinical Case Consultation Calls

After the 5-day workshop and continuing for 12 months, all participants have bi-weekly phone consultation calls with a PCIT trainer and up to 7 other trainees. During these 1-hour phone calls, trainees track progress of cases and are able to ask questions, get feedback on the PCIT cases they are seeing, discuss tailoring of PCIT, and learn from the experiences of other trainees. Trainee or agency must be able to connect by phone using a toll-free number provided by TTTC.

Treatment Session Reviews

Following the initial 5-day workshop, providers will record their PCIT sessions for review. There are a total of 4 specific sessions trainers will require. Videos are submitted to PCIT Trainers to review and provide feedback on their PCIT skills, treatment competency and fidelity to the model. The trainee or agency is responsible for providing equipment for digital recording of sessions and mailing DVDs or uploading recordings to a secure website.

Child-Adult Relationship Enhancement (CARE) Training

Program Background:

Child-Adult Relationship Enhancement (CARE) is a trauma-informed, field-initiated training developed by the Trauma Treatment Training Center for general usage by non-clinical adults who interact with children with a history of trauma. CARE is not a therapy, but uses similar skills taught in Parent-Child Interaction Therapy. CARE utilizes the 3 P skills (Praise, Paraphrase and Point-Out Behavior) to connect with children, a set of techniques for giving children effective positive commands, and selective ignoring techniques to redirect problematic behaviors. CARE also contains a trauma education component to contextualize the use of these skills with the kinds of behaviors and problems exhibited by children with a history of trauma.

Target Population:

CARE can be used with children of all ages and can be generalized to a wide variety of settings and implemented at different levels of intensity. CARE is supported by pragmatic evidence of its effectiveness.

Trainee Eligibility:

CARE training is appropriate for non-clinical or clinical professionals who interact with children. Additionally, PCIT trained providers are also eligible to become CARE Trainers.

Training Overview:

CARE training is offered in two forms based on agency setting, client population, and agency goals.

Basic CARE:

3 hour training

Includes demonstrations and active skills-building practice

Expanded CARE:

6 hour training

Includes demonstrations, active skills-building practice, live coaching and mastery testing

CARE training is offered in three ways:

1. Agency Specific: CARE training can occur on-site at local agencies or through the Trauma Treatment Training Center at Cincinnati Children's Hospital. Agency specific trainings require a minimum of 8 participants.
2. TTTC Specific: The TTTC has specific CARE trainings each year. Space is limited, see Training Schedule for dates.
3. PCIT Training Supplement: CARE training is offered as a supplement following the 2nd session (2-day workshop) of Basic PCIT Training.

Training Cost:

Prices vary based on form (Basic or Expanded) and location of training.

For more information about CARE training, please contact Dr. Messer at Erica.Messer@cchmc.org

PCIT Recalibration & Therapist Certification Preparation

Location: Cincinnati Children's Hospital Medical Center, Cincinnati, OH

The PCIT Recalibration and certification preparation workshop is designed for anyone who has already received previous formal PCIT training and has completed at least 2 PCIT cases to graduation. The purpose of the workshop is to allow participants to update skillsets to the latest practices for DPICS-IV coding, refresh/practice CDI and PDI coaching skills and prepare for the PCIT Therapist Certification process.

If you were trained in PCIT before 2009, *PCIT International* strongly recommends completion of a recalibration workshop and study preparation course to update your skillset to the 2011 Protocol prior to applying for certification as a PCIT Therapist.

Training Session

This is a 2-day workshop training with PCIT International Certified Master Trainer, Robin Gurwitch, PhD and PCIT International Certified Level II Trainer, Erica Pearl Messer, PsyD.

November 17, 2014 : 9:00 - 5:00

November 18, 2014 : 9:00 - 2:00

Trainees will receive the DPICS-IV updates, PCIT 2011 Protocol and extra useful clinical materials.

Clinical Case Consultation Calls

Follow-up consultation calls are not required for the Recalibration Workshop.

Treatment Session Reviews

Follow-up treatment session reviews are not required for the Recalibration Workshop.

However, TTTC offers Treatment Session Reviews as a separate service. Providers will record their PCIT sessions and submit video to PCIT Trainers to review and provide feedback on their PCIT skills and fidelity to the model. The trainee or agency is responsible for providing equipment for digital recording of sessions and mailing DVDs or uploading recordings to a secure website.

Documentation of meeting training requirements, as appropriate, will be provided to trainees upon successfully completing each component.

To review the PCIT Certified Therapist Training Requirements, go to www.pcit.org/training-guidelines/

Please note that we are unable to provide CEUs for this workshop at this time.

Level 1 Trainer (L1T) Course

Location: Cincinnati Children's Hospital Medical Center, Cincinnati, OH

The Level 1 Trainer course is designed to prepare PCIT Therapist to become PCIT Level 1 Trainers (L1T). This 8-hour workshop and 12 months of consultation is a required component per PCIT International guidelines. The training teaches advanced methods in PCIT training and prepares participants for the certification process. Once certified through PCIT International, L1T trainers are qualified to teach and supervise therapists at their own program or agency, with a scope of trainership that is limited to their physical location or site.

Course Components

Workshop: 8 hours of workshop training with PCIT Internal Certified Master Trainers.

Clinical Case Consultation Calls: 12 months of once monthly consultation calls with a PCIT International Certified Master Trainer and/or Certified Level II Trainer.

Treatment Session Reviews: 2 video reviews with written feedback from a PCIT International Certified Master Trainer and/or Certified Level II Trainer.

Trainees will receive DPICS-IV updates and extra useful clinical materials.

Eligible Trainees

The L1T program is appropriate for independently licensed mental health providers, psychology pre-doctoral interns, and psychology postdoctoral fellows who have completed at least 3 PCIT cases to graduation criteria.

Prerequisite application

Upon paying the L1T Course deposit/application fee and sending in a registration, all registrants must immediately complete the Level I Trainer Prerequisite Application (see attached) to confirm their eligibility for the Course. Please email the completed application to Erica.Messer@cchmc.org. Participants will be notified of their acceptance status for the Course within 7 days of application

* A non-refundable \$50 application fee is required. This fee is non-refundable but will be applied toward the cost of training if the application is accepted for the L1T Course.

To review the PCIT Certified Level I Trainer requirements, visit www.pcit.org/training-guidelines/

Documentation of meeting training requirements, as appropriate, will be provided to trainees upon successfully completing each component.

Please note that we are unable to provide CEUs for this course at this time.

2014 - 2015 Training Schedule and Costs

Initial (Basic) PCIT Training

Cost: \$4,000 per trainee

August 2014 Cohort

First Training Session (5-day workshop):

August 18 - 22, 2014 (9:00 - 5:00)

Second Training Session (2-day workshop):

October 20, 2014 (9:00 - 5:00)

October 21, 2014 (9:00 - 3:00)

Early Bird Special: \$100 discount if registration and full payment is received by July 15, 2014

You must attend
all 7 days

March 2015 Cohort

First Training Session (5-day workshop):

March 23 - 27, 2015 (9:00 - 5:00)

Second Training Session (2-day workshop):

June 10, 2015 (9:00 - 5:00)

June 11, 2015 (9:00 - 3:00)

Early Bird Special: \$100 discount if registration and full payment is received by February 15, 2015

You must attend
all 7 days

Deposit:

Due to high demand of PCIT training, we require a **\$100 deposit**. Deposit is due with registration and will hold your spot for training dates selected. Deposit will be applied to your training fee.

Cancellations: If you are unable to attend, please **notify us no later than 2 weeks** before the start of the training. Deposits/Registration Fees will be refunded if cancellation occurs with at least a 2-week notice. Deposits are **non-refundable** if cancellation is made with less than a 2 week notice.

Payments:

Please make check payable to: **Mayerson Center for Safe & Healthy Children.**

Please **mail check** to:
Debbie Sharp
Mayerson Center
3333 Burnet Ave
MLC 3008
Cincinnati, OH 45229

To pay by Credit Card, contact Debbie Sharp at 513-636-7001

Child-Adult Relationship Enhancement (CARE) Training

Cost: \$75 per trainee

Dates:

October 22, 2014 (9:00 - 12:00)

June 12, 2015 (9:00 - 12:00)

For more information about Agency Specific CARE training, please contact Dr. Messer at Erica.Messer@cchmc.org

Enhanced Clinical Case Consultation

Cost: \$400 per trainee for 12 months

Initial PCIT Training bundle includes bi-weekly calls for 12 months, however, some therapists prefer weekly calls for 12 months or until 2 cases are complete.

Additional Treatment Session Video Review

Cost: \$150 per session or \$600 for 4-6 sessions (same therapist)

For more information, please contact: Dr. Messer at Erica.Messer@cchmc.org or Dr. Gurwitch at Robin.Gurwitch@duke.edu



2014 - 2015 Training Schedule and Costs

PCIT Recalibration and Therapist Certification Prep Workshop

Cost: \$350 per trainee

Dates:

November 17, 2014 (9:00 - 5:00)

November 18, 2014 (9:00 - 2:00)

Deposit:

A \$50 deposit is required at registration and will hold your place for training. Deposit will be applied to your training fee.

Please note that our training cost does not include Certification test fees charged directly by PCIT International.

Cancellations: If you are unable to attend, please **notify us no later than 2 weeks** before the start of the training. Unless otherwise noted, Deposits/Registration Fees will be refunded if cancellation occurs with at least a 2-week notice. Deposits are **non-refundable** if cancellation is made with less than a 2 week notice.

Payments:

Please make check payable to: **Mayerson Center for Safe & Healthy Children.**

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Cincinnati, OH 45229

To pay by Credit Card, contact Debbie Sharp at 513-636-7001

PCIT Level 1 Trainer (L1T) Course

Cost: \$1,700 per trainee

Dates:

Workshop: November 19, 2014 (9:00 - 5:00)

Consultation Calls: Monthly between December 2014 - November 2015

Deposit / Application Fee:

A non-refundable \$50 application/deposit is required at registration and will hold your place for training. Deposit will be applied to your training fee.

Early Bird Special: \$50 discount if registration and full payment is received by September 15, 2015

Additional Treatment Session Video Review

Cost: \$150 per session or \$600 for 4-6 sessions (same therapist)

For more information, please contact:

Dr. Messer at Erica.Messer@cchmc.org

Dr. Gurwitch at Robin.Gurwitch@duke.edu

