

<p>Field</p>	<p><i>May include requirements, recommendations, minimum standards, variations, ratios & other considerations</i></p>
<p>Treatment Description</p>	<p>Description: PCIT is an evidenced-based treatment with highly specified, step-by-step, live coached sessions with both the parent/caregiver and the child. Parents learn skills through PCIT didactic sessions. Using a transmitter and receiver system, the parent/caregiver is coached in specific skills as he or she interacts in specific play with the child. Generally, the therapist provides the coaching from behind a one-way mirror. The emphasis is on changing negative parent/caregiver child patterns.</p> <p>NCTSN Fact Sheet Available: http://nctsn.org/sites/default/files/assets/pdfs/pcit_general.pdf</p> <p>Culturally-Specific Information Available: http://nctsn.org/sites/default/files/assets/pdfs/pcit_cultural.pdf</p> <p>Goals:</p> <ul style="list-style-type: none"> • To improve the quality of the parent-child relationship or, in foster homes or reconstituted homes, the caregiver-child relationship. • To decrease child behavior problems with an increase in prosocial behaviors. • To increase supportive parenting skills, including nurturing skills and positive discipline. • To decrease parenting stress. <p>Target Population: Families with children between the ages of two and seven (6 years, 11 months) with behavior problems or developmental concerns; and families of children between the ages of 2 and 12 if parenting concerns rather than child behavior problems are the primary concerns. There is recent evidence of the effectiveness of PCIT in treatment of internalizing concerns in children as well.</p> <p>Essential Components: PCIT is an empirically-supported family treatment for young children with emotional and behavioral disorders. PCIT places emphasis on improving the quality of the parent-child relationship and changing parent-child interaction patterns.</p> <p>Other considerations: PCIT was developed as an outpatient treatment, but has been successfully applied in home settings.</p> <p>PCIT has also been successfully employed with many cultural groups in the United States and globally. Cultural applications for Mexican-American and Native American families are available, and published outcome is available for PCIT in a number of different countries including Australia, China, Puerto Rico, Germany, and the Netherlands.</p>

Training

Content: All PCIT trainings conducted by the University of Oklahoma Health Sciences Center PCIT Training Program are designed to meet or exceed the 2013 therapist training guidelines set forth by PCIT International (pcit.org). Our on-site Traditional Basic training in Oklahoma for individual clinicians and/or agencies, our Video-Assisted Basic training for off-site training for agencies, and our Learning Collaborative model all include optimal training, including up to one year of weekly consultation and review of up to six sessions, in order to prepare each therapist to become a PCIT therapist certified by PCIT International.

Number of Days/Hours Total/Minimum: All training formats provided through the OUHSC PCIT Training Program cover the basics of PCIT, including overview, training in the behavioral observation coding system, coaching strategies, and implementing the first phase of treatment, the Child-Directed Interaction (CDI), during the first face-to-face session(s).

This requires:

- Five days for Traditional Basic training format.
- Five days for the first two Learning Sessions of the Learning Collaborative format (two days, followed by three days approximately 12 weeks later).
- 13 hours of Web-based instruction over six to eight weeks plus two days live for Video-Assisted Basic training.
- The two-day workshop follows approximately 10 weeks later for each training format; it reviews CDI and coaching but focuses more heavily on the second phase of treatment, the Parent-Directed Interaction (PDI).

Options for Make-up: Trainees are expected to attend on-site training in its entirety. In the case of emergency cancellations we endeavor to allow a trainee to attend at a later date or to cover materials online, but we cannot guarantee availability of make-up options.

Types of Trainings: Face-to-face, virtual, manual, telephone.

1. BASIC Training (Traditional Workshop)

Description: A five-day workshop covering the basics of PCIT and focusing on the first phase of treatment. This is followed by a two-day workshop scheduled three to four months after the initial workshop to review basics of PCIT but focusing on the second phase of treatment. Training includes materials and cost for certification as well as one year of weekly consultation and review of up to six session-recordings per trainee.

Cost: \$4,300 per trainee, not including travel expenses. Discounts are available for agencies wishing to train eight or more.

Training cont'd

2. **BASIC Training (Video Assisted)**

Description: Weekly training calls to review 13 hours of prepared Webinars covering the basics of PCIT are held for six to eight weeks prior to the first on-site workshop. A two-day on-site skills-based workshop focuses on the basics of PCIT and the first phase of treatment, followed by another two-day workshop scheduled three to four months after initial workshop to review basics of PCIT, but focusing on the second phase of treatment. Training includes materials and cost for certification as well as one year of weekly consultation and review of up to six session-recordings per trainee.

Cost: \$3,500 per trainee, not including travel expenses. This training is only available to groups of eight or more.

3. **Learning Collaborative Training**

Description: A seven- day workshop (three on-site visits of two days, three days, and two days spaced about three months apart) covering the basics of PCIT and focusing on each phase of treatment during on-site visits. Requires collaboration by participating agencies to integrate effective practices into their settings over the course of an 18-month learning process that encompasses pre-work and work between on-site learning sessions. Participation of an agency administrator is required to support the use of implementation science to improve sustainability by shared learning and collaboration with other agencies. Training includes materials and cost for certification as well as one year of weekly consultation and review of up to 12 session-recordings per trainee.

Cost: \$30,000 per agency, not including travel expenses, for up to four therapists, and one Senior Leader (minimum of three participating agencies).

4. **Recalibration/Advanced Training**

Description: 2.5-day overview of current PCIT best practices with skills review, role play, and feedback on DPICS coding and CDI and PDI coaching skills. This workshop is intended for previously trained clinicians to update their PCIT skills in order to prepare for certification, or for more recent trainees who wish to take their skills to the next level.

Cost: \$1,200 per trainee, not including travel expenses.

5. **LEVEL I Training**

Description: Ten hours of training (offered on-site in 1.5 days or scheduled in two-hour Web conference modules) focusing on the skills needed for a Level I trainer to train new PCIT therapists within their agency, including methods of promoting, measuring, and monitoring skills acquisition. Training includes materials, monthly consultation for one year, and review of up to four session-recordings.

Cost: \$750 per trainee, not including travel expenses.

<p>Training cont'd</p>	<p>Training Contact Information: A list of Master trainers, Level II trainers, and training programs is available on www.pcit.org. The OUHSC PCIT Training Program can be contacted directly at www.okpcit.org.</p>
<p>Selection</p>	<p>Typical trainees for this Treatment/Product: Clinicians with a firm grounding in normal childhood development and behavioral principles are a good fit for PCIT.</p> <p>Minimum Education Requirements:</p> <ul style="list-style-type: none"> • A master’s degree or higher, or an international equivalent of a master’s degree, in a mental health field, AND • Must be an independently licensed mental-health service provider or be working under the supervision of a licensed mental-health service provider, OR • Be a psychology doctoral student who has completed the third year of training, and be conducting clinical work under the supervision of a licensed mental-health service provider. <p>Licensure/Certification: Certification as a PCIT therapist is available through PCIT International for therapists who meet the training requirements set forth by PCIT International.</p> <p>Experience: N/A</p> <p>Match/Fit: PCIT is appropriate for agencies that provide services to young children experiencing disruptive behavior problems and families with adjustment difficulties related to a history of child abuse or neglect, family disruptions, developmental difficulties, or other challenges. Because PCIT is based on an interactive model, PCIT is not appropriate for non-custodial parents unless there is a plan for reunification and the parent has access to the child at least three times per week in addition to therapy sessions. Agencies that value fidelity to evidence-based practices and are able to provide appropriate treatment space, equipment, and support of therapist training requirements are good candidates for implementation of PCIT.</p>
<p>Preparation for Training and Implementation</p>	<p>Clinician Readiness Assessment Available? Therapists receive a readiness letter approximately one month before training. They are encouraged to start thinking about possible clients, room setup, and how to obtain necessary materials, and are given a one-hour overview video to watch prior to their arrival.</p> <p>Agency Readiness Assessment Available? Agencies are encouraged to train at least two PCIT therapists, if agency size permits, in order to promote stability of the PCIT program. Information about appropriate referrals, room setup, and equipment options are available as is consultation as needed.</p>

<p>Preparation for Training and Implementation continued</p>	<p>Pre-reading/Other: For all training models provided by OUHSC, therapists are asked to watch an online video in preparation. Pre-work is required for our Video-Assisted and Learning Collaborative models. There is a 10-13 hour Web course and pre-work training exercises. We require therapists to attend weekly one-hour group calls six to eight weeks prior to on-site training to monitor progress with the Web course.</p>
<p>Consultation</p>	<p>Type/Mode/Ratio: PCIT International guidelines require consultation at least twice per month with a trainer until two cases are successfully graduated. In order to meet this requirement, the OU PCIT Training Program offers weekly telephone consultation for one year following training. Trainees are asked to attend 80% of calls, which allows them to comfortably meet the twice-monthly standard with natural breaks for vacation, holidays, or illness.</p> <p>The call format provides a video conference, or telephone conference call, which six to eight trainees can join from their individual locations. Call-in expense is covered by OUHSC and call-in information is provided.</p> <p>Frequency: Weekly calls are offered. Therapists are only required to attend twice a month. Calls are provided for 12 months following on-site training. If two cases are successfully graduated in less than 12 months, calls are optional for that trainee for the remainder of the year. Trainees who are unable to graduate two cases within the 12 months of consultation can contract to extend consultation.</p> <p>Participation: Trainees are expected to have case files available for consultation and to present an update on all cases including ECBI and DPICS data in de-identified format. On occasion, additional training exercises like coding from a transcript or video may be added to the call.</p> <p>Demonstrated Proficiency/Mastery/Competence: The training program tracks mastery of all skills required by PCIT International using the <i>PCIT Therapist Competence Checklist</i> tool.</p> <p>Other Parameters of Consultation: N/A</p> <p>Video and Audio Submission: To meet PCIT International certification standards, trainees must have four sessions reviewed. The cost of training includes review of up to six sessions to assure an opportunity to meet the training requirement. If additional session reviews are needed to meet fidelity or competency requirements, the agency or trainee can contract for additional session review.</p>
<p>Case Completion Requirements</p>	<p>Case Selection Criteria: Trainees are expected to enroll a minimum of two clients between the ages of 2 years 6 months and 6years 11 months who can be seen in an outpatient setting and present with disruptive behaviors or a referral for parenting skills. Enrolling four or more cases is recommended in order to maximize practice. Clients seen in-home or those outside the typical age range can potentially benefit from PCIT, but adaptations needed for such cases decrease their utility as the initial cases for a therapist in training. Consultation on selection of appropriate cases is provided in on-site training and weekly consultation.</p>

<p>Case Completion Requirements continued</p>	<p>Case Completion: Two cases reaching successful completion per 2011 protocol standards.</p> <p>Fidelity: Fidelity of 80% or more is expected, with session integrity checklists provided for each coaching session in the PCIT protocol. For CDI and PDI-Teach sessions, the trainee is required to adequately cover every non-optional item.</p> <p>Mode of Review (e.g., Video/Audio/Test): Must submit and be checked off on a minimum of four videos of PCIT sessions for review by a certified Level I, Level II, or Master trainer. The required videos for review are:</p> <ol style="list-style-type: none"> 1. CDI Teach 2. CDI Coach (early CDI Coach Session, such as CDI Coach 1 or 2 recommended) 3. PDI Teach 4. PDI Coach (PDI Coach 1 recommended)
<p>Maintenance</p>	<p>Please describe trainings needed or required to maintain skills/practice level:</p> <ul style="list-style-type: none"> • Certified PCIT therapists must accrue at least three hours of PCIT Continuing Education credit every two years through educational activities sponsored by the PCIT International Task Force on Continuing Education. • Level I trainers must submit a brief application for recertification, and document successful completion of six hours of PCIT Continuing Education in programs of learning that have been preauthorized by PCIT International, every two years. • Level II trainers and Master trainers are currently selected by invitation only by a current Level II or Master trainer in PCIT International.
<p>To Supervise Providers of the Treatment/Product</p>	<p>Prerequisites needed to supervise use of the Treatment/Product: Certified PCIT therapists are eligible to become Level I trainers to train and supervise others within their organization in order to encourage cost-effective program sustainability and in-house fidelity to the model.</p> <p># of Cases Completed in Treatment/Product: Minimum of four PCIT cases to graduation criteria in addition to PCIT certification are required before applying to become a Level I trainer.</p> <p># of Years Practiced: Level I applicants must have served as primary therapist or supervisor on at least two PCIT cases within the previous two years.</p> <p># of Years Providing Supervision: N/A</p> <p># of Supervisees: Level I applicants must complete an eight-hour training course and additionally attend monthly consultation for a year. During the year of consultation the Level I applicant must supervise a therapist-in-training to complete at least one PCIT case to graduation criteria.</p>

<p>To Train Providers in the Treatment</p>	<p>Prerequisites needed to train providers in the Treatment/Product: Complete qualifications and training requirements as set by PCIT International for Level I, Level II, and Master trainers outlining parameters and limitations are available on the PCIT International Web site at http://www.pcit.org/training-guidelines/.</p> <p>Levels: Level I 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 site.</p> <p># of Cases Completed in Treatment/Product: Applicants for Level I training should have served as a therapist for at least four successfully completed PCIT cases, and have been the primary therapist on at least two cases within the previous two years.</p> <p># of Years Practiced: No minimum requirement of years of practice, but the Level I applicant must have met certification requirements as a PCIT therapist, which typically requires a year or more.</p>
<p>Endorsement or Certification Options</p>	<p>For Clinician: OUHSC PCIT Training Program is responsible for tracking therapists' progress toward certification requirements. Many elements can be accomplished in on-site training and others through session review. The trainee is responsible for attending all trainings, submitting session-recordings for review, and participating in consultation calls. Upon request, OUHSC trainers provide a letter of verification of milestones passed toward certification or of completion of training.</p> <p>For Supervisor: OUHSC PCIT trainers track Level I trainer applicants' participation in Level I training, monthly calls, and session review requirements, and provide a letter documenting training upon request.</p> <p>For Trainer: Level I, same as above for Supervisor.</p> <p>Decision-making process/body: It is the policy of the OUHSC PCIT Training Program to have a second trainer independently view session tapes or other areas of performance if a trainee is being asked to repeat any aspect of training due to lack of fidelity or participation.</p> <p>Roster of Trainers: A list of Master trainers, Level II trainers, and training programs is available on www.pcit.org. The OUHASC PCIT Training Program can be contacted directly at www.okpcit.org.</p>
<p>Additional Resources</p>	<p>Additional information can be found on the PCIT International Web site at www.pcit.org</p> <p>OUHSC PCIT Training Center Readiness Assessment is available at http://www.oumedicine.com/docs/ad-pediatrics-workfiles/readiness-assessment--pcit.pdf?sfvrsn=2</p>