

Becoming a PCIT Therapist!

PCIT Basic Foundational Training (40-hour CE) with Regional or Global Trainer

This 40-hour CE Basic Foundational PCIT Training is sanctioned by PCIT International and will prepare trainees to sit for the PCIT certification exam following successful completion of training and all training competencies as is certified by a PCIT International Global or Regional Trainer.

PCIT is an evidence-based, specialized behavior management program designed for families with young children experiencing behavioral and/or emotional difficulties. PCIT teaches caregivers to manage their child's behaviors, while focusing on increasing their positive behaviors. A PCIT therapist works with the child and caregiver(s) together to improve overall behavior and reduce parenting stress. A strong body of research supports the effectiveness of PCIT in the treatment of child disruptive behaviors with growing support for its use with families who have a history of child maltreatment and trauma.

Content Level: Basic/Foundational Initial Training

Who Does PCIT Help?

Children ages 2 ½ to 6 who display any or all of the following*:

- Relational problems with parent/caregiver
- Difficulty in childcare/school settings
- Refusal/defiance of adult requests
- Easy loss of temper
- Purposeful annoyance of others
- Property destruction
- Frequent fights and/or aggression toward others
- Difficulty staying seated
- Difficulty playing quietly
- Difficulty taking turns
- *Includes when these behaviors are due to stressful or traumatic events.



Training Format

Through a combination of didactics, highly interactive activities, role plays, skills practice, and discussion, participants will learn about the theoretical foundations of PCIT, the PCIT coding system, and all elements of both phases of PCIT (CDI and PDI). Participants are expected to demonstrate mastery of specific DPICS, CDI and PDI skills by the end of the entire workshop.

For additional details for this training cite, please see the attached Cite Specific Training Format Details for offering PCIT Basic Foundational Training in the 40-Hour Format.

Training Outcomes & Learning Objectives

Upon completion participants should be able to:

- Identify and describe the theoretical constructs of PCIT.
- Identify and describe the assessment and intake procedures for PCIT.
- Demonstrate 80% coding reliability with trainers with the DPICS-IV Coding System.
- Demonstrate PDI coding skills.
- Identify and describe the CDI components of PCIT.
- Identify and describe the PDI components of PCIT.
- Demonstrate mastery in the CDI and PDI skills.
- Identify and describe at least 3 CDI and 3 PDI coaching strategies.



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Target Audience & Considerations for Prospective Trainees

- Our PCIT training program is designed for therapists to learn to implement PCIT and to prepare trainees to meet PCIT International training guidelines for certification and effective use of PCIT in a clinical setting.
- Basic Fundamentals Trainees must be licensed/license eligible therapists in mental health, with a masters degree or higher, and be interested in becoming certified 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 the training.
- As families sometimes drop out before program completion, trainees with limited access to PCIT families should have a conversation with the trainer(s) about the feasibility of graduating a sufficient number of cases. It is recommended that you take your practice's current rate of attrition and typical patient age into account when deciding how many clients to enroll in PCIT.
- Discuss with your trainer how to enhance proactive recruitment of cases in your community (e.g., connect with local pediatricians, school districts, etc). Trainees must see an active caseload of age-appropriate children for PCIT (ages 2.5 up until age 7).

In order to successfully complete training, clinicians must:

- Actively participate in all days of training
- Actively participate in at least 80% of consultation calls (in addition to the 40-hour training days)
- Submit satisfactory videos for review by Global or Regional Trainer (specified at training cite)
- Successfully complete two clinical cases to graduation while under consultation with a Global or Regional Trainer certified by PCIT International.

Continuing Education

After successful completion of the 40 hour training provided by a certified Global or Regional Trainer, PCIT International awards the following CE's:

- 40 PCIT Continuing Education Units (for PCIT certification and maintenance of certification)
- 40 Psychologist Continuing Education Units
- 40 NASW Continuing Education Units (Approval # 886904729-4781)

CEs are ***NOT*** awarded for breaks, homework, or any other asynchronous learning.

Additional training hours may be required by your specific Global or Regional Trainer in addition to the 40 hours in this PCIT Basic Foundational Training.

PCIT International, Inc. is approved by the American Psychological Association to sponsor continuing education for psychologists. PCIT International, Inc. maintains responsibility for this program and its content.

Certificates of Continuing Education will be sent via email after course completion.

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Tentative Agenda / Syllabus

- Overview & Introduction of PCIT = 4 hours
- Assessment in PCIT = 3 hours
- Child-Directed Interaction Teach and Skills Practice = 5 hours
- Introduction to CDI Coaching = 5 hours
- Parent-Direct Interaction (PDI) Teach and Skills Practice = 5 hours
- Introduction to PDI Coaching = 5.5 hours
- Later Stages of PDI (e.g., House Rules) and Graduation = 3 hours
- Cultural Considerations in CDI & PDI and Tailoring PCIT = 2 hours
- Final Review of PCIT Treatment Manual = 1 hour
- Homework Review = 2.5 hours total, 30 minutes per day
- End-of-day Q&A and Wrap-Ups = 2.5 hours total, 30 minutes per day
- Final Q&A, FAQs, Case Discussion and Wrap-Up = 1.5 hours



Training and Consultation Follow Up

Consultation Calls:

- Trainees are to participate in bi-weekly 24 (1) hour group consultation phone calls with the Global or Regional Trainer. Calls will focus on the implementation of the model with clients, as well as complex client issues that can emerge on a case-by-case basis. PCIT International Training requirements state that calls take place through the completion of 2 cases or for the duration of at least one year. See the Cite Specific Training Details for additional information regarding scheduling.
- Consultation call participation is required for a minimum of 12 months, and often can proceed through 18 months to complete training cases. If a trainee completes 2 cases prior to one year, the trainer remains available to the trainee for the duration of the one-year time frame.
- Video review of four sessions is required by PCIT International Training Guidelines are included in the Consultation. Video reviews will stop after one year from the first day of training. Additional video reviews after the year are then a determined by the trainer at a per-video fee.

Training timeline:

- Typical completion of PCIT Certification occurs between 12 and 18 months of didactic training days. It is possible that 12 months of bi-weekly consultation calls may not be realistic for all trainees to complete training requirements. This is dependent on caseload and attrition rates. To increase efficiency, it is recommended that trainees have effective
- Trainees should plan accordingly that training duration may be longer than 12 months and take the possible additional costs of extra consult calls into consideration prior to signing up for this training. If a trainee and Global or Regional Trainer continue with calls after the year, consults will be continued by the trainer at the provided rate.



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Accommodations

- Our trainings are designed with accessibility in mind, and in accordance with the ADA of the amended United States Rehabilitation Act.
- We welcome the opportunity to assist with disability accommodations and must be notified of your accommodation request at least 30 days prior to the training to allow for adequate time to meet your request.
- Contact information for site specific contact can be found on the Site Specific Training Details page.

Limitations and Risks

- The risks associated with this training are low.
- Most common risks include stress that may occur when attempting to achieve skill competency, which will be guarded against through ample role play and consultation.
- Another possible mild risk is managing the stress while implementing the discipline sequence in sessions with a highly disruptive child. This will be ameliorated through ongoing case consultation.
- Limitations of the content include limits to the populations that are served through this treatment modality (e.g., this treatment is not used with children aged 7 years or older).

Grievance Policy

Should a participant wish to file a grievance regarding this continuing education experience, please email pcit.ce@gmail.com or mail to: PCIT International PO Box 1591, High Springs, FL 32655.

When a participant, either orally or in written format, files a grievance and expects action on the complaint, the following actions will be taken:

- If the grievance concerns a speaker, the content presented by the speaker, or the style of presentation, the individual filing the grievance will be asked to put his/her comments in written format. The Continuing Education Task Force Chair will then pass the comments to the speaker, assuring the confidentiality of the grieved individual.
- If the grievance concerns a workshop offering, its content, level of presentation, or the setting in which the workshop was offered, the Continuing Education Task Force Chair will mediate and will be the final arbitrator. If the participant requests action, the convention chair will:
 - Attempt to move the participant to another workshop or
 - Provide a credit for a subsequent year's workshop or
 - Provide a partial or full refund of the workshop fee
- If the grievance concerns the PCIT International Continuing Education Task Force program, in specific regard, the PCIT International President or Advisory Board Chair will attempt to arbitrate.
- Please contact via email at pcit.ce@gmail.com or mailing address: PCIT International PO Box 1591, High Springs, FL 32655, to submit a complaint or if you have additional questions.



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Site-Specific Training Details

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PCIT Training Site Name: Center for Child & Family Health

PCIT Training Location (specify virtual or in person): In person at 1121 W. Chapel Hill St., Durham, NC 27701

PCIT Training Dates and Times: September 16-19, 2024 from 9:00amEST-5:00pmEST daily
January 13-15, 2025 from 9:00amEST-5:00pmEST daily

Training Call and Consultation Schedule: Pre-training calls will be scheduled on a case by case basis after acceptance into the training. Consultation calls will take place twice monthly for Clinicians, and once monthly for Senior Leaders. Additional calls can be scheduled with consultants on a case by case basis.

Program Cost: PCIT Training 40 hours didactic training and 12 months of follow up consultation:

- \$4700 for not NC-based Clinicians, \$3500 Senior Leader fee
- \$1500 for NC-based Clinicians, Senior Leader fee included*

**This special subsidized price is available for clinicians participating in NC. Funding for NC-based clinicians is made possible by The North Carolina Child Treatment Program.*

If extending consultation calls beyond 12 months, fees include:

- \$100 per consultation call
- \$200 per video review.

Contact Information of Site Specific Trainers or Administrators: Program Manager Laura Nelson,
laura.nelson@duke.edu

Site Specific Cancellation and Refund Policy: If you are no longer able to attend training, contact the Program Manager.

Site-Specific Training Details

PCIT Training Instructors

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Name	George Ake, Ph.D. (he/him)
PCIT Trainer Certification Level	Regional Trainer
Biography	Dr. Ake is an Assistant Professor in the Department of Psychiatry and Behavioral Health Sciences at Duke University Medical Center.
Teaching Style / Unique Additions to the Curriculum	Dr. Ake's clinical and research interests lie in trauma, interpersonal violence, and trauma-informed child welfare practice.
Disclosures & Commercial Support	N/A



Name	Robin Gurwitch, Ph.D. (she/her)
PCIT Trainer Certification Level	Global Trainer
Biography	Dr. Gurwitch is a professor in the Department of Psychiatry and Behavioral Health Sciences at Duke University Medical Center.
Teaching Style / Unique Additions to the Curriculum	Dr. Gurwitch has helped to develop PCIT adaptations for use with different populations, including military families.
Disclosures & Commercial Support	N/A

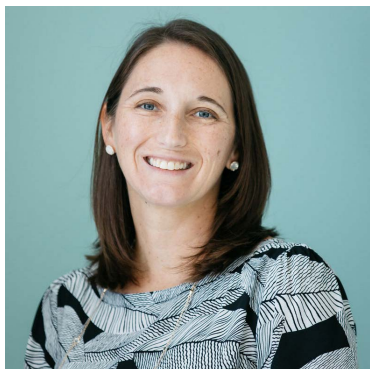
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Name	Darden White, LCMHCS (she/her)
PCIT Trainer Certification Level	Regional Trainer
Biography	Ms. White is a licensed clinician at CCFH who primarily provides services and trains therapists to provide services to traditionally underserved populations.
Teaching Style / Unique Additions to the Curriculum	Ms. White's interests lie in providing therapeutic interventions to children with sexualized behaviors and applying PCIT to children on the autism spectrum.
Disclosures & Commercial Support	N/A



Name	Erika Wray, LCSW
PCIT Trainer Certification Level	Level II Trainer
Biography	Ms. Wray is a licensed clinical social worker at CCFH.
Teaching Style / Unique Additions to the Curriculum	Ms. Wray's interests lie in serving families with young children, children in the foster care system, and children on the autism spectrum.
Disclosures & Commercial Support	N/A