



# Become a **PCIT** Therapist!



## Parent-Child Interaction Therapy (PCIT) Fundamentals Training with CCFH includes:

- A four-day workshop covering the basics of PCIT with a focus on the first phase of treatment, Child Directed Interaction (CDI).
- A three-day workshop scheduled three to four months after the initial workshop, reviewing CDI skills, but focusing on the second phase of treatment, Parent Directed Interaction (PDI).
- A Senior Leader track designed to enhance successful implementation and sustainability.
- Biweekly consultation calls for one year.
- Faculty review of at least 6 clinical sessions.

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.

### APPLICATION

**Applications for this training cohort are due**  
**Monday, December 9, 2019**

An application must be completed by each interested clinician  
and a Senior Leader from each agency

*Application and participation criteria are described on page 2*

Funding for this training opportunity was made possible by the System of Care Expansion and Sustainability Cooperative Agreement, Funding Opportunity Announcement Number SM-16-009 from the Substance Abuse and Mental Health Services Administration.



Virginia Department of  
Behavioral Health &  
Developmental Services

### TRAINING DATES

Virginia Tech Roanoke Center  
Roanoke, VA  
**March 16-19, 2020 and**  
**June 24-26, 2020**

*Training complies with PCIT  
International certification standards.*

**To apply,**  
**[click here!](#)**



CENTER FOR  
CHILD & FAMILY  
HEALTH

# Fundamentals Training

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.

To improve the longevity of successful PCIT programs, we believe that a strong infrastructure is imperative in addition to clinical training. As such, we offer a Senior Leader track designed to assist agency leaders in developing strategies to support the effective implementation and/or expansion, as well as the sustainment of their PCIT program. A Senior Leader is an administrator or upper-level supervisor who has the authority to make key decisions or changes that may significantly improve successful implementation of PCIT within the agency. Senior Leader training dates and requirements will be announced to selected agencies and will take place during the fact to face clinician training days.

## WHO CAN 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 OUTCOMES

Upon completion participants should be able to:

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

## APPLICATION & PARTICIPATION CRITERIA (FOR CLINICIANS)

**Fundamentals training is intended for therapists new to PCIT.** Participants must have a masters degree or higher in a mental health field and be independently licensed or license-eligible as a mental health provider.

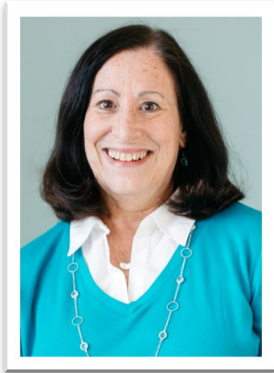
**In order to successfully complete training, clinicians must:**

- ☒ actively participate in all seven days of training,
- ☒ actively participate in at least 80% of consultation calls,
- ☒ submit satisfactory videos for review by faculty, and
- ☒ successfully complete two clinical cases to graduation while under consultation.

**In the event of a competitive applicant pool,** agencies sending 2 or more clinicians and a senior leader will be prioritized for this training opportunity.

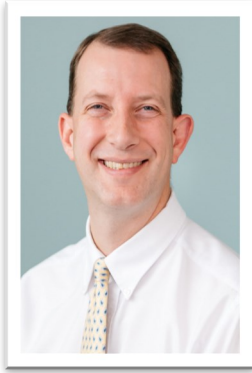


# Meet Your Training Team



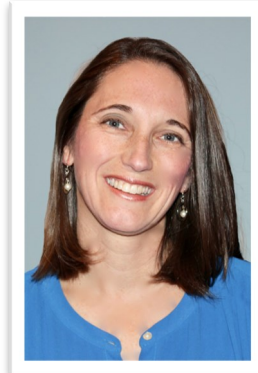
**DR. ROBIN GURWITCH, PHD**

Dr. Robin Gurwitch serves as lead faculty for the PCIT team as a Master Trainer endorsed by PCIT-International. She is a professor in the Department of Psychiatry and Behavioral Health Sciences at Duke University Medical Center. Dr. Gurwitch has helped to develop PCIT adaptations for use with different populations, including military families. Her clinical and research interests include PCIT, trauma and disasters, resilience, and military families.



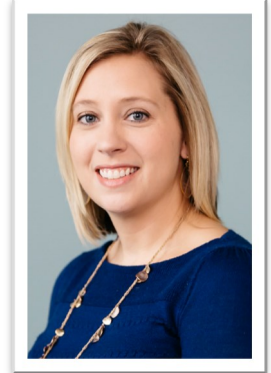
**DR. GEORGE AKE, PHD**

Dr. George Ake is a Level II trainer endorsed by PCIT-International. He is an Assistant Professor in the Department of Psychiatry and Behavioral Health Sciences at Duke University Medical Center and an Adjunct Assistant Professor in the Department of Psychiatry in the UNC-Chapel Hill School of Medicine. His clinical and research interests lie in trauma, interpersonal violence, and trauma-informed child welfare practice.



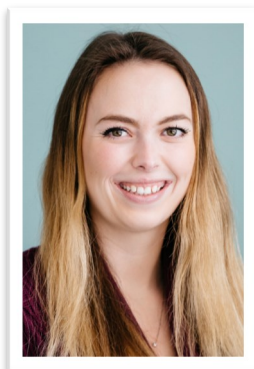
**ERIKA WRAY, LCSW**

Erika Wray is a Level II trainer endorsed by PCIT-International. She is a licensed clinical social worker at CCFH. Before joining the team at CCFH, Ms. Wray was part of the Foster Care Unit at the Durham County Department of Social Services. Her interests lie in serving families with young children, children in the foster care system, and children on the autism spectrum.



**DARDEN WHITE, LPC**

Darden White is a Level I trainer endorsed by PCIT-International. She is a licensed clinician at CCFH. Ms. White primarily provides services and trains therapists to provide services to traditionally underserved populations. Her interests lie in providing therapeutic interventions to children with sexualized behaviors and applying PCIT to children on the autism spectrum.



**BREANNA WILLIAMS, BS**

Breanna Williams is the Training Coordinator for PCIT & CARE Training at CCFH. She is a Clinical Research Specialist in the Department of Psychiatry and Behavioral Health Sciences at Duke University Medical Center. Ms. Williams is also a part of the Post Adoption Support Services team at CCFH. Her interests lie in developmental psychopathology and intervention and prevention research for childhood trauma in vulnerable populations.

# Training Logistics

## PCIT FUNDAMENTALS APPLICATION & TRAINING – IMPORTANT DATES

<b>November 6, 2019</b>	Application opens
<b>November 6 &amp; 19, 2019</b>	Information Calls (see below)
<b>December 9, 2019</b>	<b>Application deadline</b>
<b>January 6, 2019</b>	Notification of acceptance
<b>Jan-Feb, 2019</b>	Virtual site visits/"Space and Tech" consultation to accepted agencies
<b>March 16-19, 2020</b>	<b>In-Person Learning Session 1</b>
<b>June 24-26, 2020</b>	<b>In-Person Learning Session 2</b>
<b>June 2020</b>	Learning Collaborative Ends- Trainees who have completed requirements apply for PCIT Certification

### INFORMATION CALLS

The Center for Child & Family Health PCIT Training Team will offer two Information Calls for clinicians and agencies interested in learning more about PCIT, the training process, and the application.

Calls are scheduled for **Wed. November 6.** and **Tues. November 19.** Participation is optional; choose the date/time that works for you. If you would like to participate, email Breanna Williams ([breanna.williams@duke.edu](mailto:breanna.williams@duke.edu)) and she will forward you information to connect.

### TRAVEL & ACCOMMODATIONS

Travel arrangements and costs are the responsibility of the agency or clinician. Selected participants will receive travel information, including accommodation recommendations, with their acceptance notification.

Please identify any accommodations you need, including those required for a disability, in your application. We will make every effort to meet your needs.

### CONTINUING EDUCATION CREDIT

**PCIT Fundamentals training is offered for 45.5 APA -approved CEUs (pending APA approval).**

Certificates will be emailed within 90 days of the second in-person learning session. Partial credit will not be offered. There is no commercial support for this CE program.

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

*If you have concerns about a speaker or workshop offering please contact the PCIT International Continuing Education Task Force Program at [pcit.ce@gmail.com](mailto:pcit.ce@gmail.com) or mailing address: 22713 NW 191st Lane, High Springs, FL 32643*

### QUESTIONS?

Contact Breanna Williams with questions or for help related to the application or training program.

(919) 385-0716 | [breanna.williams@duke.edu](mailto:breanna.williams@duke.edu)  
1121 W Chapel Hill St, Suite 100, Durham NC 27701  
[www.ccfhnc.org](http://www.ccfhnc.org)



The **Center for Child & Family Health** is committed to defining, practicing, and disseminating the highest standards of care in treating and preventing childhood trauma. For more than 20 years, CCFH has worked at the intersection of academic research, evidence-based practice, and community impact.