

# ARBEST

Arkansas Building Effective Services for Trauma

## Parent-Child Interaction Therapy (PCIT) Information Sheet

<b>Commitment</b>	PCIT training lasts one year or longer. Both training in PCIT and implementation of PCIT in your practice require commitment from the individual therapist and his or her agency.
<b>Therapist Requirements</b>	<b>Education:</b> <ul style="list-style-type: none"><li>• Master's degree or higher in mental health field</li><li>• Independently licensed (or under supervision of licensed MHP)</li><li>• Psychology doctoral students also eligible</li></ul> <b>Caseload:</b> Actively treating children ages 2-7 with behavioral problems
<b>Agency Requirements</b>	Agencies are required to prepare PCIT rooms and procure PCIT materials. See separate Agency Checklist for more information.
<b>Training Process</b>	<b>Initial Training:</b> <ul style="list-style-type: none"><li>• 4-day face-to-face training workshop</li><li>• 3-day follow-up face-to-face training workshop (3 months after initial workshop)</li></ul> <b>Consultation Phase:</b> <ul style="list-style-type: none"><li>• 12-18 months of consultation calls (held weekly, starting after initial workshop)</li><li>• Completion of two full PCIT cases during consultation call period</li></ul>
<b>Certification</b>	Completing the training process allows a therapist to apply for PCIT certification from PCIT International (see <a href="http://www.pcit.org">www.pcit.org</a> )
<b>Trainer Levels</b>	<b>Level I:</b> <ul style="list-style-type: none"><li>• Can train within their own agency, through co-therapy-style training</li></ul> <b>Level II:</b> <ul style="list-style-type: none"><li>• Can train within a designated region, within and outside their own agency, using workshop-style training followed by consultation calls</li></ul> <b>Master Trainers:</b> <ul style="list-style-type: none"><li>• Can train the trainers; can train therapists nationally or internationally</li></ul>

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## PCIT Information Sheet Continued

<b>Frequently Asked Questions</b>	<p><b>How long are the trainings?</b> Each training consists of a 4-day workshop, a 3-day follow-up workshop approximately three months later, and weekly consultation calls starting after the first training and lasting for approximately 1 year.</p> <p><b>How many therapists from my clinic can attend?</b> We strongly recommend that more than one therapist from each clinic receive PCIT training. The total number of therapists per clinic will depend on the number of agencies able to send therapists to the training. The average is 3-4 therapists per agency.</p> <p><b>Can therapists train in PCIT and CPP at the same time?</b> Due to the caseload requirements for both PCIT and CPP, therapists should only receive training in one approach at a time. When the training workshops and training cases are complete for one approach, the therapist could start the other approach.</p> <p><b>When will the next training be?</b> Check the ARBEST website (<a href="http://arbest.uams.edu">arbest.uams.edu</a>) or Email <a href="mailto:arbest_info@uams.edu">arbest_info@uams.edu</a> for more information.</p>
<b>More Information on PCIT</b>	See the PCIT International website ( <a href="http://www.pcit.org">www.pcit.org</a> ) and follow links related to training.