

MAYERSON CENTER FOR SAFE AND HEALTHY CHILDREN TRAINING OPPORTUNITIES

2019

The Mayerson Center for Safe and Healthy Children (Mayerson Center) is a division of Cincinnati Children's Hospital Medical Center (CCHMC). Our objectives are to train and disseminate evidence-based and evidence-informed treatments for children with a history of trauma to community mental health providers, in order to provide professionals general tools for prevention and for working with children and adults exposed to adverse childhood events, and to build awareness of the effects of toxic stress.

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

www.cincinnatichildrens.org/Mayerson

Meet the Trainers



Erica Pearl Messer, PsyD

Training Director and Psychologist, Behavioral Medicine & Clinical Psychology/
Mayerson Center

Assistant Professor of Pediatrics, Cincinnati Children's Hospital

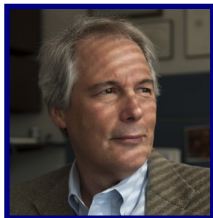
Dr. Messer is a Certified Level II Trainer through PCIT International. Dr. Messer is the instructor for the PCIT Basic Training, the PCIT Certification Preparation Workshop, the PCIT Level 1 Trainer course, CARE™, the CARE™ Facilitator Course and the Adverse Childhood Events (ACEs) Workshop.



Robin Gurwitch, PhD

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

Dr. Gurwitch is a Certified Master Trainer through PCIT International. Dr. Gurwitch is the instructor for the PCIT Basic Training, the PCIT Certification Preparation Workshop, the PCIT Level 1 Trainer course, CARE™ Facilitator Course and Secondary Traumatic Stress.



Robert A. Shapiro, MD

Division Director of the Mayerson Center

Professor of Pediatrics, Cincinnati Children's Hospital

Dr. Shapiro is the instructor for the Adverse Childhood Events (ACEs) Workshop.

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 one of the strongest evidence-based treatments 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 secure 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.

Trainers: Robin Gurwitch, PhD., and Erica Messer, PsyD.

Target Population:

Children with many difficult behaviors rarely outgrow them. 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, anxiety disorders and/or reunification or adjustment difficulties. PCIT is effective with many cultures and ethnic groups. PCIT has recently been adapted for military families coping with deployment(s).

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-International Guidelines are available at www.pcit.org. Mayerson Center offers the following training components: Initial (Basic) PCIT Training, Clinical Case Consultation and Treatment Session Review.

Training Eligibility:

Our PCIT training program is designed for community-based therapists to learn to implement PCIT and to prepare trainees to meet PCIT-International training guidelines for certification. Trainees must be licensed/license eligible therapists who are interested in becoming 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 (ages 2 ½—6 ½).

Training Costs:

The Mayerson Center 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-International 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. Local hotel information is available upon request.

Initial (Basic) PCIT Training

The PCIT training program is designed for community-based therapists to learn how to implement PCIT as an evidenced-based treatment for young children with disruptive behavior, relationship issues, 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 (video recordings with feedback provided).

Training Sessions

The first session is a 4-day workshop covering the basics of PCIT, coaching strategies and the first phase of treatment: the Child Directed Interaction (CDI) with an overview of the second phase Parent-Directed Interaction (PDI). 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, including PCIT coding and coaching
- 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 3-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 (PDI)
- Hands on practice of skills with children
- Treatment competency checks from trainers

Training sessions are limited to 6-10 trainees. In addition to instruction, trainees will receive the PCIT 2011 Protocol, DPICS-IV Clinical Coding Manual, DPICS-IV Clinical Workbook and additional useful clinical materials.

Clinical Case Consultation Calls

After the 4-day workshop and continuing for 12 months (with a possible extension for one month), 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. Trainees must be able to connect by phone using a toll-free number provided by the Mayerson Center.

Treatment Session Reviews

Following the initial 4-day workshop, trainees will record their PCIT sessions for review. There are a total of 4 specific sessions trainers will require. Videos are submitted to PCIT trainers. Trainers provide feedback on their PCIT skills and treatment competency and fidelity to the model. The trainee or agency is responsible for providing equipment for digital recording of sessions and uploading recordings to a secure website. The Basic PCIT training covers four video reviews. However, one extra videotape will be reviewed, if needed, at no cost.

Training Costs

Training Costs are \$4,000 per trainee. Disability accommodations are offered upon request which can be found on the registration form.

PCIT-International, Inc., is approved by the **American Psychological Association** to offer 41 continuing education hours for psychologists. PCIT International maintains responsibility for this program and its content. CEUs will also be provided to social workers, LPC, LPCC, PC and PCC through CCHMC. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

PCIT Certification Preparation

The PCIT Certification Preparation workshop is designed for anyone who has already received previous formal PCIT training and has successfully 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 PCIT implementation including DPICS-IV coding, refresh/practice CDI and PDI coaching skills and to prepare for the PCIT Therapist Certification process.

If you were trained in PCIT before 2009, *PCIT International* strongly recommends completion of a PCIT Certification Preparation workshop to update your skillset to the current 2011 Revised Protocol prior to applying for certification as a PCIT-International Therapist. **All registrants must complete the PCIT Certification Workshop Pre-application before registering. Contact Debbie.Sharp@cchmc.org for more details.**

Training Session

This is a 2-day workshop training with a PCIT- International Certified Master Trainer and a PCIT- International Certified Level II Trainer.

Trainees will receive the PCIT 2011 Revised Protocol, DPICS-IV Coding Manual and accompanying workbook, and extra useful clinical materials.

Trainers: Robin Gurwitch, PhD. and Erica Messer, PsyD.

Treatment Session Reviews

Treatment session reviews of the four videos for PCIT-International Certification are required. **These are an additional cost as part of the certification preparation workshop, if tape reviews have not been completed by a PCIT Certified trainer.** However, the Mayerson Center offers treatment session reviews as a separate service. Providers will record their PCIT sessions and submit videos to PCIT trainers to review and to 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 uploading recordings to a secure website.

Clinical Case Consultation Calls

Follow-up consultation calls are not required for the Certification Preparation workshop.

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

Training Costs

Training cost is \$350 per trainee.

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. CEUs will also be provided to social workers, LPC, LPCC, PC and PCC through CCHMC approved by Ohio Counselor, Social Worker, Marriage and Family Therapist Board. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

Level 1 Trainer (L1T) Course

The Level 1 Trainer course is designed to prepare PCIT- International Certified Therapists to become PCIT Level 1 Trainers (L1T). This 8-hour workshop with 12 months of consultation is a required component per PCIT - International guidelines. Following this course, L1T trainers are qualified to teach and supervise therapists within the physical boundaries of their own program or agency.

Course Components

- Workshop: 8 hours of workshop training with a PCIT-International Certified Master Trainer and Level II Trainer.
- Clinical Case Consultation Calls: 12 months of once monthly consultation calls with a PCIT-International Certified Master Trainer and/or Certified Level II Trainer. The focus of the calls will be on training and implementation issues.
- 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 materials needed to train those in their agencies as well as DPICS-IV updates and extra useful clinical materials.

Trainers: Robin Gurwitch, PhD. And Erica Messer, PsyD.

Training Eligibility

The L1T program is appropriate for independently licensed mental health providers and psychology postdoctoral fellows who have completed at least 4 PCIT cases to meet graduation criteria and are certified as PCIT therapists through PCIT-International.

Prerequisite application

All participants must be first certified as a PCIT Therapist by PCIT-International. Upon paying the L1T Course deposit/application fee and sending in a registration, **all registrants must immediately complete the Level I Trainer Prerequisite Application 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 receiving the application.

Training Cost

Training cost is \$1,700.

* 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.

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. CEUs will also be provided to social workers, LPC, LPCC, PC and PCC through CCHMC. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

Child-Adult Relationship Enhancement (CARE™) Training

Program Background

Child-Adult Relationship Enhancement (CARE™) is a trauma-informed, field-initiated training developed by the Mayerson Center for general usage by non-clinical and 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 and other evidence-based parenting programs. 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 to increase compliance, 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.

Trainers: Erica Messer, PsyD and Robin Gurwitch, PhD.

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.

Training Overview

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

Basic CARE™: 3 hour training which includes demonstrations and active skills-building practice

Expanded CARE™: 6 hour training which includes demonstrations, active skills-building practice, live feedback and skill mastery assessment

CARE™ training is offered in three ways:

1. **Agency Specific:** CARE™ training can occur on-site at local agencies or other sites arranged by the Mayerson Center. Agency specific trainings require a minimum of 8 participants.
2. **Mayerson Center Specific:** The Center 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 (3-days) of Basic PCIT Training. PCIT training participants are eligible to become CARE trainers.

Training Eligibility

CARE™ training is appropriate for non-clinical or clinical professionals who interact with children. Additionally, providers trained in PCIT, Incredible Years, Triple P, PMTO or a similar evidence-based parent training program may be eligible to become CARE™ Trainers.

Training Cost

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

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

Ohio CEUs will be provided to social workers, LPC, LPCC, PC and PCC through CCHMC. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

CARE™ Facilitator Training

Program Background

Child-Adult Relationship Enhancement (CARE™) is a trauma-informed, field-initiated training developed by the Mayerson Center for general usage by non-clinical and 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 and other evidence-based parenting programs. 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 to increase compliance, 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.

The CARE™ Facilitator Training course is designed to prepare those who want to provide CARE™ workshops in various settings. This workshop with quarterly phone consultation is a required component to receive CARE™ training materials. Following this course, CARE™ facilitators are qualified to provide CARE™ workshops.

Trainers: Erica Messer, PsyD and Robin Gurwitch, PhD.

Training Eligibility

The CARE™ Facilitator training is appropriate for independently licensed mental health providers and psychology postdoctoral fellows who have completed training in at least one evidence-based parenting training program including: Parent Child Interaction Therapy, Incredible Years, Helping the Noncompliant Child, Triple P Positive Parenting Program, and /or Barkley’s Defiant Child.

All participants must first complete a prerequisite CARE™ Facilitator Application providing information on experience with utilizing one or more of the EBTs identified above. Contact Debbie.Sharp@cchmc.org to request the application.

Training Cost

Training costs is \$850 per trainee which includes training materials.

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

Ohio CEUs will be provided to social workers, LPC, LPCC, PC and PCC through CCHMC. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

Stewards of Children Training Program

Program Background

Darkness to Light is an organization that seeks to empower adults to prevent child sexual abuse. Their programs raise awareness and educate adults on how to prevent, recognize and react responsibly to child sexual abuse.

Trainer: Andrea Richey, MSW/LSW

Target Population

Darkness to Light developed the Stewards of Children Training Program, which focuses on sexual abuse prevention. This two hour workshop includes both video and open discussion for professionals and caregivers. Participants receive a handbook with all of the information presented and also receive certificates.

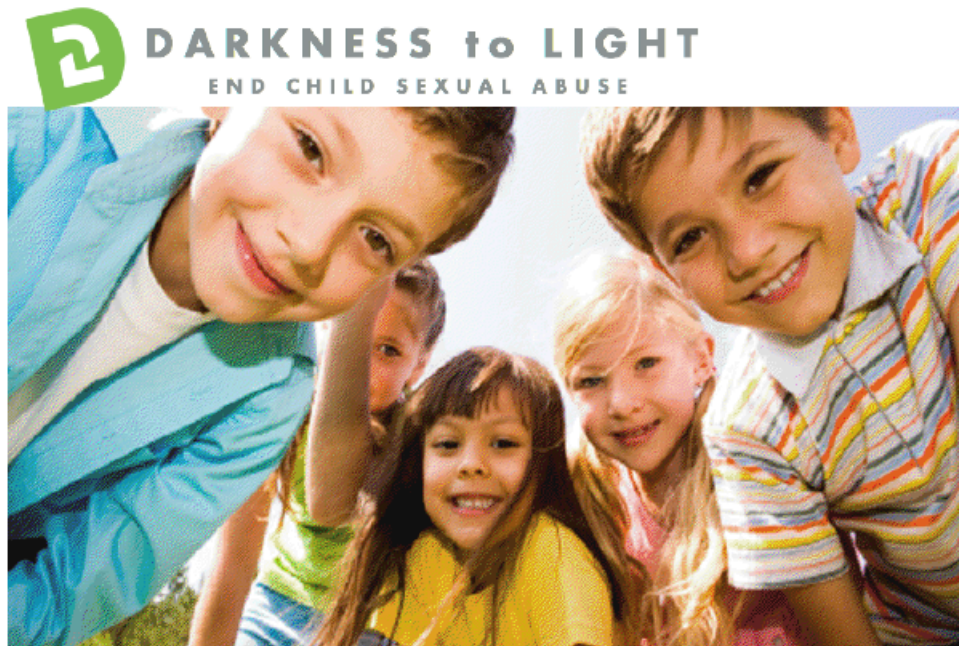
Training Eligibility

For more details or to schedule a training please contact Andrea Richey at Andrea.Richey@cchmc.org.

Training Costs

This training is free of charge.

CEUs are **not** available for this program.



Human Trafficking

Program Background

This two-hour training will provide an overview of Human Trafficking, including sex trafficking and labor trafficking. Participants will have an understanding of the laws and definitions around commercial sexual exploitation, the impact of trauma on victims and how to respond if there is a concern of trafficking with a client or patient.

Trainer: Andrea Richey, MSW/LSW

Target Population

Content is appropriate for social workers, nurses, physicians, educators, psychologists and students in those related fields.

Training Eligibility

For more details or to schedule a training, please contact Andrea Richey at Andrea.Richey@cchmc.org.

Training Costs

This training is free of charge.

CEUs are **not** available for this program.



Adverse Childhood Experiences (ACEs)

Program Background

This 3 hour multidisciplinary workshop will explore how Adverse Childhood Experiences (ACEs) impact learning and long-life health and well-being in children, adolescents and adults. Presenters will review recent research on the impact of ACEs on development, social problems and a range of health problems. This workshop will also incorporate ideas for trauma-informed activities to incorporate with children.

Trainers: Erica Messer, PsyD and Robert Shapiro, MD

Target Population

Content appropriate for: health educators, physicians, psychologists, social workers and mental health professionals

Training Overview

Learner Objectives:

- Attendees will be able to describe the original Adverse Childhood Experience (ACE) study and the impact of adversity on brain development.
- Attendees will be able to identify at least three trauma-informed activities to incorporate with the children they serve.
- Attendees will be able to identify at least three results from recent ACE literature.

Training Costs

Cost is \$100 per trainee. Contact Debbie.Sharp@cchmc.org for more details.

Ohio CEUs will be provided to social workers, LPC, LPCC, PC and PCC through CCHMC. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

Secondary Traumatic Stress

Understanding, Recognizing, and Preventing Secondary Traumatic Stress for those Working with Children with a History of Trauma

Program Background

Providing services to children with a history of trauma is rewarding, but it can also present challenges. Programs across the country are struggling with issues of supporting and retaining staff. Most programs are designed to provide services to families with multiple risk factors, many of whom have experienced (or are still experiencing) trauma. Serving children and families with these multiple issues can be demanding, draining, and emotionally exhausting work. It is critical for administrators, supervisors, and providers at all levels to understand the issue of secondary traumatic stress and its impact on the work, the system, and the individual. This is true across all service models, regardless of the interventions or procedures used with families. The good news—with understanding comes recognition and with recognition comes ideas for prevention.

Trainer: Robin Gurwitch, PhD.

Training Overview

By the end of the presentation, participants will be able to:

- Define Secondary Traumatic Stress
- Complete a self-assessment for secondary traumatic stress (STS) and be able to discuss how STS impacts them
- List at least 5 symptoms of STS
- Discuss the importance of preventing STS
- Develop a plan for personal prevention of STS
- Identify at least one way to prevent STS on an agency/program level

Training Costs

Training Costs is \$100 per trainee.

Training costs do not include travel or lodging. Local hotel information available upon request.

CEUs will be provided to social workers, LPC, LPCC, PC and PCC through CCHMC. Trainees are responsible for checking with their own state boards to determine if this training meets their requirements for licensing hours.

2019 Training Schedule and Costs

Initial (Basic) PCIT Training will be held at Cincinnati Children's Hospital in Cincinnati, OH

Cost: \$4,000 per trainee

March-June 2019 Cohort

First Training Session (4-day workshop):

March 11 - 14, 2019 (9:00 - 5:00)

Second Training Session (3-day workshop):

June 3 - 4, 2019 (9:00 - 5:00)

June 5, 2019 (9:00 - 2:00)

Early Bird Special: \$100 discount if registration and full payment is received by January 28, 2019

August-October 2019 Cohort

First Training Session (4-day workshop):

August 19 - 22, 2019 (9:00—5:00)

Second Training Session (3-day workshop)

October 21 - 22, 2019 (9:00—5:00)

October 23, 2019 (9:00 - 2:00)

Early Bird Special: \$100 discount if registration and full payment is received by July 8, 2019



PCIT Certification Preparation

Cost: \$350 per trainee

Dates:

November 18, 2019 (9:00 - 5:00)

November 19, 2019 (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 or required video review (if this hasn't been completed).

PCIT Level 1 Trainer (L1T) Course

Cost: \$1,700 per trainee

Dates:

June 7, 2019 (9:00 - 5:00)

Consultation Calls: Monthly between July 2019 through June 2020

October 25, 2019 (9:00—5:00)

Consultation Calls: Monthly between November 2019 through October 2020

Enhanced PCIT 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 PCIT Treatment Session Video Review

Cost: \$175 per session or \$750 for 5 sessions (same therapist)

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

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. All fees are **non-refundable** if cancellation is made with less than a 2 week notice.

Payments:

Make checks 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

2019 Training Schedule and Costs

Adverse Childhood Experiences (ACEs)

Cost: \$100 per trainee

For more details or to schedule a training email Debbie.Sharp@cchmc.org.

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

For more information, contact Debbie [.Sharp@cchmc.org](mailto:Debbie.Sharp@cchmc.org)

Child-Adult Relationship Enhancement (CARE™) Training

Cost: \$100 per trainee

Choose a Date:

- June 6, 2019
- October 24, 2019

Time: 9:00am—12:00pm

Child-Adult Relationship Enhancement (CARE™) Facilitator Training

Cost: \$850 per trainee

Choose a Date:

- June 6, 2019
- October 24, 2019

Time: 9:00am - 4:00pm

Please note our basic 3 hour training is from 9a-12p and attendance is required. This cost is included in the \$850 price.

Secondary Traumatic Stress

Cost: \$100 per trainee

For more details or to schedule a training email Debbie.Sharp@cchmc.org.