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.
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.
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.
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.
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.

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.
**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 lease 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.
**2020 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 2020 Cohort**
- First Training Session (4-day workshop):
  - March 9 - 12, 2020 (9:00 - 5:00)
- Second Training Session (3-day workshop):
  - June 1 – 2, 2020 (9:00 - 5:00)
  - June 3, 2020 (9:00 - 2:00)

*Early Bird Special: $100 discount if registration and full payment is received by January 27, 2020*

**July-November 2020 Cohort**
- First Training Session (4-day workshop):
  - July 27 - 30, 2020 (9:00—5:00)
- Second Training Session (3-day workshop)
  - November 16 - 17, 2020(9:00—5:00)
  - November 18, 2020 (9:00 - 2:00)

*Early Bird Special: $100 discount if registration and full payment is received by June 15, 2020*

---

**PCIT Certification Preparation**

**Cost:** $350 per trainee

**Dates:**
- October 7, 2020 (9:00 - 5:00)
- October 8, 2020 (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 5, 2020 (9:00 - 5:00)
- Consultation Calls: Monthly between July 2020 through June 2021
- November 20, 2020 (9:00—5:00)
- Consultation Calls: Monthly between December 2020 through November 2021

---

**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. Depos-its/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
# 2020 Training Schedule and Costs

## Child-Adult Relationship Enhancement (CARE™) Training

<table>
<thead>
<tr>
<th>Cost:</th>
<th>$100 per trainee</th>
</tr>
</thead>
</table>

### Choose a Date:
- [ ] June 4, 2020
- [ ] October 9, 2020
- [ ] November 19, 2020

### Time: 9:00am-12:00pm

Please note our basic 3 hour training is from 9a-12p and attendance is required.

## Child-Adult Relationship Enhancement (CARE™) Facilitator Training

<table>
<thead>
<tr>
<th>Cost:</th>
<th>$850 per trainee</th>
</tr>
</thead>
</table>

### Choose a Date:
- [ ] June 4, 2020
- [ ] October 9, 2020
- [ ] November 19, 2020

### Time: 9:00am - 4:00pm

### 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:
Make check payable to: Mayerson Center for Safe & Healthy Children.

### Mail checks 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

For more information, contact Debbie Sharp@cchmc.org