



## Training Requirements for Certification as a Level I Trainer (“Within Program Trainer”)

These requirements were developed by the PCIT International Training Task Force in collaboration with the PCIT International Board of Directors. This document should be considered “dynamic” in that the training and certification requirements will evolve as new research arises in intervention, training, and dissemination. These requirements represent what PCIT experts consider to be the minimum training and skill qualifications necessary for a Level I Trainer.

### I. Definition

- A. **Scope of Level I Trainership.** Level I Trainers are individuals who have received such PCIT training as to be qualified to teach and supervise therapists at their own program or agency, with a scope of trainership that is limited to their physical location or site.
- B. **Limitations of Level I Trainership.** Level I Trainers are not permitted to conduct large-scale trainings or to train therapists not under their direct, live supervision for PCIT cases unless they are assisting a Level II or Master Trainer. Level I Trainers may not train other Level I Trainers unless they are assisting a Level II or Master Trainer.

### II. Training Requirements of Level I Trainers

- A. **Graduate Education.** To be eligible for status as a Level I Trainer, an applicant must meet both criteria 1 and 2, OR criterion 3:

1. Have a master’s degree or higher, or the international equivalent of a master’s degree, in a mental health field

**AND**

2. Be an independently licensed mental health service provider (for example, licensed psychologist, psychiatrist, licensed marital and family therapist, licensed practicing counselor, licensed clinical social worker, etc.).

**OR**

3. Be a psychology doctoral student on pre-doctoral internship or a psychology trainee completing post-doctoral fellowship, and treating families under the supervision of the training site.



## B. Case Experience

1. **Caseload Requirement.** The Level I Trainer applicant must have served as a therapist for a minimum of four PCIT cases to graduation criteria as defined by the 2011 PCIT Protocol (Eyberg & Funderburk, 2011). On at least three of those cases, the Level I Trainer applicant must have been the primary therapist (i.e., lead therapist or equal co-therapist).
2. **Recency Requirement.** At the time of the application, the Level I Trainer applicant must have served as a primary therapist or supervisor on at least two PCIT cases within the previous 2 years.

**C. Certified PCIT Therapist:** Before applying to become a Level I Trainer, an applicant must have met all requirements of a Certified PCIT Therapist, including completion of a minimum of two cases to graduation criteria under the consultation of a PCIT Trainer. The applicant may not begin training to become a Level I Trainer until these requirements as a Certified PCIT Therapist have been completed.

**D. Level I Trainer Course:** Certified PCIT Therapists intending to apply for Level I Trainer status must complete the following training experiences:

1. **Initial Level I Training:** A minimum of 8 hours of initial Level I training with a Master Trainer or Level II Trainer that occurs *before* beginning other Level I training activities. The 8 hours of initial training should emphasize the Level I Trainer applicant's provision of training and supervision to others and may be conducted via didactic training, a mentorship model (e.g., the Level I Trainer applicant serving as a co-facilitator with a Master Trainer or Level II Trainer during a therapist training workshop), or any combination of the two.
2. **Supervision/Consultation:** The Level I Trainer applicant must also receive follow-up supervision/consultation from a Master Trainer or Level II Trainer that occurs continuously over the course of at least 12 months and has a frequency of at least once a month. The Level I Trainer applicant's oversight from the Master Trainer or Level II Trainer may include co-consultation with the Level 1 Trainer and their therapist-trainee or telephone/video conference consultation with the Level I Trainer applicant, at the discretion of the Master Trainer or Level II Trainer.
3. **Case Experience.** While under the supervision/consultation of a Master Trainer or Level II Trainer, the Level I Trainer applicant must complete provision of supervision to at least one therapist-in-training. Specifically, the Level 1 Trainer applicant must supervise a therapist-in-training to complete all PCIT International Therapist skill requirements and minimally have a trainee successfully graduate one case (where the trainee is the primary therapist) during the Level I applicant's period of monthly consultation.

**E. Skill Review.**

1. Level I Trainer applicants must have their supervision sessions observed by a Master Trainer or Level II Trainer. Observations may be conducted in real time (e.g., live or online/telehealth) or through video recording. Sessions submitted for skill review may



include the Level I trainer serving as co-therapist to the trainee or of the Level I trainer observing a trainee's session from the observation room and providing a recorded or written account of the feedback that they provided to the trainee.

2. To assess the Level I Trainer applicant's skill in the provision of supervision, the Master Trainer or Level II Trainer will observe the Level 1 applicant supervising a CDI coaching session and a PDI coaching session (ideally an early coaching session in each phase).
3. The content and style of the Level I Trainer applicant's competence in supervision will determine whether additional session observations are necessary. The Master Trainer or Level II Trainer will provide written feedback on the Level I applicant's skill in:
  - a. Attending to core elements of the 2011 PCIT Protocol with fidelity, and
  - b. Fostering skills development and maintaining a working alliance with the therapist-trainee through sensitive and effective methods of training and supervision

### **III. Application Requirements**

- A. The applicant must be a Certified PCIT Therapist in order to begin training as a Level I trainer.
- B. Following successful certification as a PCIT Therapist, the Level I Trainer applicant must complete 8 hours of Level I training provided by a Master Trainer or Level II Trainer and document receiving subsequent monthly consultation/supervision from a Master Trainer or Level II Trainer for at least 12 months.
- C. Upon completion of consultation/supervision an applicant for Level I Trainer status must complete the Level I Trainer Application (available from PCIT International Certified Trainers or at [www.pcit.org](http://www.pcit.org)).
- D. The Level I Trainer applicant must also submit a letter of recommendation to PCIT International from their Master Trainer or Level II Trainer that provides evidence of:
  1. Completion of 8 hours of Level I training
  2. At least 12 months of follow-up consultation with a Master Trainer or Level II Trainer, and
  3. Successful completion of skill review (as in section II E)
- E. Final decisions about certification of Level I Trainers will be made by the PCIT International Board of Directors.

### **IV. Responsibilities of Certified Level I Trainers**

- A. Follow the most current PCIT Training Requirements in the training of PCIT Therapists. The Training Requirements are disseminated by the PCIT International Training Task Force and posted on the PCIT International website ([www.pcit.org](http://www.pcit.org)).
- B. Train PCIT Therapists using the 2011 PCIT Protocol and 2013 Clinical Manual for DPICS-IV as disseminated by PCIT International.



- C. Remain active in PCIT service delivery either by providing PCIT to families directly or by providing supervision to PCIT Therapists within your agency or program.
- D. Promote PCIT to both professional and lay communities.
- E. Remain current in PCIT research by activities such as attending conferences, conducting PCIT research, presenting research at conferences, writing articles, or completing other approved research-related continuing education offerings.
- F. Level I Trainers are required to obtain at least 6 hours of PCIT Continuing Education credit every 2 years through educational activities sponsored by the PCIT International Task Force on Continuing Education. PCIT International, Inc. is approved by the American Psychological Association to sponsor continuing education programs for psychologists. PCIT International, Inc. maintains responsibility for the programs and their contents.

**V. Maintaining Certification**

- A. **Certification Period:** Level I Trainers are certified for 2 years from the beginning date listed on their PCIT Level I Trainer Certificate.
- B. **Re-Certification:** Certification as a PCIT Level I Trainer is renewable every 2 years. To renew, Level I Trainers must submit a brief application for re-certification and document successful completion of 6 hours of PCIT Continuing Education in programs of learning that have been preauthorized by PCIT International.

**VI. Structure of Training to be Provided by Level I Applicants:**

- A. Level I Trainers must provide 40 hours of PCIT training to their trainees. While Level I trainers should use a combination of didactic or live co-therapy and supervision with their trainees, Level 1 trainers must conduct a minimum of 20 hours of co-therapy and/or live supervision and must include
  - i. Live supervision or co-therapy of the trainees during CDI until they reach CDI coaching competencies.
  - ii. Live supervision or co-therapy of the trainees during PDI until they reach PDI coaching competencies.
- B. Live supervision is defined as supervision in which the trainer is present with the trainee during the PCIT session either in person or through real-time virtual technology. Video review or phone consultation cannot be used in lieu of the co-therapy or live-supervision requirements listed above.
- C. In certain rare circumstances, such as APA-accredited internship training centers, Level 1 trainers may develop training programs that do not include the full 20 hours of co-therapy. If a Level 1 trainer wishes to develop a program that does not meet the 20-hour co-therapy training requirement, they must first get approval from a master trainer. Then, the master trainer needs to submit an exemption request to the PCIT International Board of Directors for approval of their alternate training program.

