Kurtz Psychology

57 W 57 (Suite 1007)
New York, NY 10019-2802
T: 212-658-0110
F: 646-219-4619
E: sm@kurtzpsychology.com

PCIT-SM Certified Therapist Requirements

1. Certified PCIT-SM Therapists are individuals who have received appropriate and sufficient training in Parent-Child Interaction Therapy Adapted for Selective Mutism (PCIT-SM) to be qualified to provide PCIT-SM services to children and families in clinic, home, school and community situations.

2. Applicants must be licensed for independent practice in a mental health, behavioral, or allied health field, e.g., psychology, social work, marriage and family therapy, mental health counselling, psychiatry, behavioral health, speech and language pathology, occupational therapy, which specifically allows the individual to make formal diagnosis of and to treat selective mutism (SM).

   a. Professions that allow designing and providing behavioral interventions for SM, but do not permit formal diagnosis would not qualify, e.g., BCBA.

   b. Professionals with practices and work outside of the US, where degrees do not automatically align with this degree and license structure will be considered on an individual basis by application to Dr. Steven Kurtz via sm@kurtzpsychology.com. These arrangements should be made in advance of beginning this PCIT-SM training to avoid problems when applying for certification.

   c. Doctoral students who have successfully completed three years of full time matriculation, or its equivalent, who acquired some or all of their training in PCIT-SM, and/or their case assessment and treatment experience, prior to the completion of their third year can apply to be a PCIT-SM certified therapists at the end of their third year.

   d. Persons who have already earned their Master's degree can apply to be a PCIT-SM certified therapist while they are accruing hours towards licensure.

3. Didactic Training

   a. Completion of an organized 16-hour course, or its equivalent, with an approved PCIT-SM Certified Trainer that includes didactic presentations as well as live skills practice with coaching and performance feedback and skills competence documentation.

   b. Ongoing case consultation with a PCIT-SM Certified Trainer through completion of two (2) cases per outcome criteria below.

      i. This can include equal co-therapy, but the trainee must be providing at least 50% of the intervention

       ii. Case consultation frequency for licensed professional must be a minimum of monthly for the duration of the training, and weekly for not yet licensed individuals. Other arrangements must be approved by Dr. Kurtz in advance in writing.

  c. Completion in its entirety of the free Selective Mutism Learning University online course at www.selectivemutismlearning.org

      i. Achieves score of $\geq$ 80% or higher on all quizzes

      ii. You must be registered under your name for the course in which case scores are automatically documented on the internet platform.

      iii. You are allowed to re-take quizzes until scores are $\geq$ 80%.

      iv. Send your completion certificate to sm@kurtzpsychology.com with your application after the training process.

4. Demonstrated proficiency with core PCIT-SM assessment procedures including

  a. Administering, scoring, and interpreting the Selective Mutism Questionnaire (SMQ) and School Speech Questionnaire (SSQ).

  b. Administering, scoring, and interpreting the Selective Mutism Behavioral Observation Task (SM-BOT) or a similarly conducted behavioral observation that has been pre-approved by a PCIT-SM Certified Trainer

  c. Coding, scoring, and interpreting a SM interaction, either by a transcript, live coding, or using a sample videotape, for the use of the parent's CDI and VDI skills

  d. Developing an exposure hierarchy as evidenced by submitting an anonymized hierarchy used in an actual treatment case

5. Demonstrated proficiency as a treating therapist using the Parent-Child Interaction Therapy Adapted for Selective Mutism (PCIT-SM) model for each of these core components of the PCIT-SM protocol. If co-therapist, your role must be at least 50%.

  a. Teaching the CDI and VDI phases of the treatment to both parents and educators as part of SM Teach sessions

      i. These sessions are allowed to be in-person or via telehealth

  b. Using CDI and VDI skills with an actual patient with SM

      i. Role plays do not satisfy this criterion except in circumstances of non-English speaking persons where there is no credentialed trainer to review in the native language.

         1. Role plays should use children preferably under 7 years old

  c. Leading fade-ins of both child peers and teachers or teacher-substitute

      i. Role plays are allowed for this criterion where a live patient is not feasible

         1. Role plays should use children preferably under 7 years old`

  d. Live coaching of a parent in a live community or school-based in vivo exposure

6. Documentation of having treated at least two (2) cases of selective mutism using PCIT-SM to the point of either diagnostic remission or reduction of ADIS Clinician Severity Rating (CRS) to 3 or lower, from a baseline of 4 or higher, and a baseline score of at least 5 for one of the three cases being used for this proficiency determination process. Alternatively, the candidate may use the SMQ and SSQ to

document significant clinical outcomes where a baseline score of 1.0 or lower was observed on the School and Social factors and post-treatment scores of 2.0 or higher were documented.

    a. One of the two cases can be a teen or pre-teen for whom an older child tailoring or adaptation of the treatment was used and may not necessarily reach the remission criteria above

    b. Documentation is made via written case summaries that include the initial assessment process, course of treatment, and barriers dealt with during the course of treatment and the end of the formal PCIT-SM treatment process.

    c. One of the two cases may be of such severity and/or poor or refractory response to treatment that they may not reach the remission or other endpoint criteria. In this case, the applicant may submit documentation to describe the severity, course, and response to treatment in their application.

7. If the candidate's profession is not primarily a mental health profession, and does not include the formal assessment and diagnosis of mental health conditions, e.g., speech language pathology, the candidate must provide a statement delineating how they address the most frequent comorbid conditions accompanying SM that are outside of the purview of their license, i.e., other anxiety disorders and oppositional defiant disorder.

    a. It is not a requirement that PCIT-SM providers first be certified in Parent-Child Interaction Therapy (PCIT) by PCIT International.

    b. In lieu of being a PCIT Certified Therapist, all applicants will need to complete the free online course provided by the University of California Davis at the following website and attest to successful completion: https://pcitwebcourse.pcit.ucdavis.edu/login/index.php

8. Application process: The applicant will provide documentation of having met the above criteria via email to Dr. Steven Kurtz at sm@kurtzpsychology.com. Please enclose as well:

    a. Current curriculum vitae (CV)

    b. Copy of license and current registration of license

        i. If the trainee works in a jurisdiction where a license is not required, the trainee will submit sufficient documentation for the certification team to make a determination. It is highly advisable that the candidate obtain clarification before commencing training.

    c. A letter of support from your PCIT-SM Certified Trainer. This letter should document your training, type and amount of case consultation, and your successful mastery of the requisite skills.

    d. Your PCIT-SM trainer will also need to submit the spreadsheet of completed milestones.

    e. Written case summary with pre/post data included (see #6 above). You may use alternate presentation formats for this case summary. Examples are in the Google Drive resources your trainer should make available to you.

    f. Application fee of $250 made payable to Kurtz Psychology Consulting PC needs to accompany the application. This fee is waived for advanced doctoral candidates.

9. Applicants will be notified when all required materials have been received

a. You will be notified within 30 days of the status of your application.

10. Appeal procedure

    a. Applicants will be afforded the opportunity to appeal a negative decision by requesting an appeal via email to sm@kurtzpsychology.com within 30 days of notification to the applicant of the negative decision. Unanimous positive review by two other Certified PCIT-SM Trainers is required to reverse the decision. We will endeavor to recommend any additional steps required to make the resubmission of the application successful.