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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, which specifically allows the individual to assess and to treat selective mutism (SM).
 - a. Professions that allow designing and providing behavioral interventions for SM, but do not permit making a formal DSM diagnosis of SM under their scope of practice would not qualify to become, e.g., BCBA. SLPs do qualify under this provision to become PCIT-SM certified therapists.
 - 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 must be made in advance of beginning this PCIT-SM training to avoid being denied when applying for PCIT-SM 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 in the doctoral program.
 - 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 demonstrated skills proficiency documented by the approved trainer.

- b. Ongoing case consultation with a PCIT-SM Certified Trainer through successful completion of two (2) cases per the outcome criteria below that functionally define *significant clinical improvement*.
 - i. Training cases for certification are allowed to include equal co-therapy, but the trainee must be providing at least 50% of the intervention.
 - ii. Case consultation frequency for licensed professionals 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 writing in advance of registering for or commencing the training..
 - iii. Candidates must have attended a minimum of 80% of consultation calls, or 10 out of 12 monthly calls.
- 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 four 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. You must hit submit after taking all four quizzes otherwise you and we do not get notified of course completion.
 - v. Send your completion certificate from the online SM University course to sm@kurtzpsychology.com in advance of the PCIT-SM formal training process with your trainer.
- 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 Frankfurt Scale of Selective Mutism (FSSM).
 - c. 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.
 - d. 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 using the approved coding sheet provided during the training.
 - e. 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 leading at least 50% of the work with your trainer. While shadowing is a wonderful way to start training, shadowing is not sufficient for the training cases towards your certification.
 - 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 successfully treated a minimum of two (2) cases of selective mutism using PCIT-SM which is operationally defined as:
- a. diagnostic remission or
 - b. if using the ADIS pre and post, a reduction of the 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 two training cases being used for this determination process or
 - c. improvement on the SMQ and SSQ where a baseline score of 1.0 or lower was observed on the School factor from parent *or* teacher and improvement from both parent *and* teacher to 2.0 or higher is documented and the Social factor score on the SMQ documents improvement to a minimum of 2.0.
 - i. clinicians may use the Frankfurt Scales (FSSM) in addition to or in lieu of the SMQ/SSQ to document progress
7. 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 full remission criteria above, given the higher severity of most older child presentations
8. Documentation of the successfully treated cases is made via written case summaries that include
- a. all of the initial assessment data and
 - b. end of treatment data at a minimum must include graphing the pre and post SMQ and/or FSSM
 - c. course of treatment narrative, including barriers dealt with during the course of treatment
 - d. follow-up plans or post-treatment plans made with the family
9. One of the two cases may be of such severity and/or poor or refractory response to treatment that they may not reach the stated 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 for approval and the trainer must write attesting on your behalf directly to the PCIT-SM certification team at sm@kurtzpsychology.com
10. If the candidate's profession is not primarily a mental health profession, and does not include the formal assessment and diagnosis of disruptive behavior mental health conditions as part of their scope of practice, (e.g., speech language pathology,

- ABA) the candidate must provide a statement delineating how they address the most frequent comorbid conditions accompanying SM in their patients with SM that are outside of the purview of their scope of practice, i.e., other anxiety disorders and oppositional defiant disorder.
- 11.** It is *not* a requirement that PCIT-SM providers first be certified by PCIT International in Parent-Child Interaction Therapy (PCIT).
 - a. In lieu of being a PCIT Certified Therapist all applicants, regardless of discipline, must 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>
 - b. After successful completion of this PCIT course, and before the start of the PCIT-SM didactics training, applicants must submit their completion certificate to sm@kurtzpsychology.com
 - 12.** Application process for PCIT-SM certification after completion of training: The applicant will submit a PDF or Word file documenting having met all of 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 #8 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 and mailed to Dr. Steven Kurtz; 506 Spook Hollow Road; Nyack, NY 10960. This fee is waived for advanced doctoral candidates.
 - 13.** 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.
 - 14.** Certified PCIT-SM therapists will be rostered on the PCIT-SM webpages and are encouraged to include this credential and the link to the rostering webpage in their own marketing.
 - 15.** 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.

