

Problem Solving Treatment (PST) Training and Certification

[Problem Solving Treatment](#) (PST) is a brief, evidence-based approach for depression that is effective with a majority of patient populations, including patients of many different cultures. PST teaches and empowers patients to solve here-and-now problems contributing to their depression and increases their self-efficacy.

Psychotherapy plays an important part in a patient's treatment plan, given patient preferences and the limitations of antidepressant medications. Organizations implementing an integrated care program should have capacity to offer an evidence-based psychotherapy such as PST. PST sessions are billable as psychotherapy visits and can be provided by a variety of certified health care providers.

Continuing Education Contact Hours

PST training and certification offered by the AIMS Center provides *licensed* clinicians continuing education contact hours (CEs) through the American Psychological Association. Clinicians gain a skill that they can use with a wide spectrum of patient populations in a variety of settings. Tier 1 training offers 4 CE credits, while Tier 2 training offers 8 CE credits.

PST Clinician Training Tiers

We offer two training tiers for clinicians:

Tier 1: *A Course in PST*, involving interactive online modules followed by 6 monthly group case presentation calls; or

Tier 2: *PST Certification*, involving interactive online modules followed by individual phone-based practice sessions, 6 monthly group case presentation calls, and in-depth expert feedback on application of clinical skills based on session audiotape review.

We encourage all clinicians to pursue *PST certification* (Tier 2), given the importance of skill-based practice and expert feedback to fidelity standards. Importantly, the evidence base for the effectiveness of PST has been demonstrated using clinicians meeting this level of clinical skill.

Eligibility

Licensed providers (or master's level licensure candidates) such as licensed social workers, registered nurses, and psychologists are eligible to receive training and to become certified in PST. Prospective trainees *must* have an active caseload of at least 3 patients by the time they begin PST training.

Medical assistants and non-clinical staff members (such as case workers, patient navigators, etc.) are not eligible for formal certification in PST. However, these staff members can receive basic training in Patient Activation.

Continuing Education

Both tiers of PST training are approved by the American Psychological Association for continuing education contact hours. In most states, social workers are also able to claim CE's from APA-approved courses. Clinicians should check state-specific requirements before requesting CE.



Tier 1. A Course in PST

This course consists of a series of online modules introducing PST principles, followed by 6 monthly case presentation calls. Clinicians will have the opportunity to apply PST to several cases and receive feedback from AIMS Center PST expert trainers on their reported application of clinical skills.

Clinicians can expect to develop beginning skills in PST, but not to develop full competency in PST based on session audiotape review to fidelity standards (see Tier 2).

Training Component	Time (per clinician)	Includes:
Online Training and Q&A	5 hours	<ul style="list-style-type: none"> • 4-hour self-paced online introduction to the evidence base, foundations, and skills of PST • 1-hour didactic Q&A session with an expert trainer via Zoom
Monthly Case Presentation	6 hours (1 hour per month)	<ul style="list-style-type: none"> • Group calls with 5-8 participants • Participants present real cases and discuss challenging and complex case presentations with the trainer

Total Cost of "A Course in PST" for 2020:	
Cost of training:	\$766 per clinician pursuing 6 case calls*

**We offer "A Course in PST" as a contract or invoice with the University of Washington. Four CE credits are available for social workers and psychologists.*





Tier 2. PST Certification

PST training and certification typically requires between 19 to 22 hours of participant time over the course of seven months. Upon completion of all training requirements, participants receive certification as a PST practitioner.

Training Component	Time (per clinician)	Includes:
Kickoff Webinar	½ hour	<ul style="list-style-type: none"> Group introduction to PST and the training program
Online Training and Q&A	5 hours	<ul style="list-style-type: none"> 4-hour self-paced online introduction to the evidence base, foundations, and skills of PST 1-hour didactic Q&A session via Zoom
Phone-Based Practice Sessions	4 hours (1 hour per session)	<ul style="list-style-type: none"> One-on-one practice sessions with a certified PST trainer In-depth education on PST fundamentals and skills
Monthly Case Presentation	6 hours (1 hour per month)	<ul style="list-style-type: none"> Group calls with 5-8 participants Participants present real cases and discuss challenging and complex case presentations with trainer
Audio Recording Review for Certification	4 hours (1 hour per review)	<ul style="list-style-type: none"> Audio submission of participant practicing PST with a patient Audiotape review by expert PST trainer

Total Cost of PST Training and Certification for 2020:	
Cost of training and certification:	\$2,565 per clinician
Trainees requiring additional time from the trainer for either 1) Phone-Based Practice Sessions, or 2) Audio Recording Review for Certification to meet certification will be charged per hour in addition to the standard fee	\$200 per hour

**We offer "PST Certification" as a contract or invoice with the University of Washington. Eight CE credits are available for social workers and psychologists. PST training is also available independent of the AIMS Center via expert consultants from the National Network of PST Clinicians, Trainers, and Researchers (P. Raue, Director; <http://pstnetwork.ucsf.edu/who-we-are/pst-clinicians-trainers-researchers-location>)*

More Information

More information about PST training and certification is available on the [AIMS Center website](#). If you have questions, contact the AIMS Center at uwaims@uw.edu.

