

COMMUNITY REINFORCEMENT APPROACH / ADOLESCENT- COMMUNITY REINFORCEMENT APPROACH (CRA/A-CRA) CLINICIAN CERTIFICATION

Research shows that fidelity to the A-CRA model is associated with improved treatment outcomes for that person. Furthermore, clinicians report feeling more confident as a provider after completing the certification process and receiving the additional coaching. Getting feedback from experts in the model ensures clients receive the research-based model as intended. Clinicians have noted that being certified in an evidence-based practice is a great resume builder and important for skill development as a clinician.

*A clinician **must attend an initial training with a certified CRA/A-CRA trainer** (approved by Robert J. Meyers, PhD & Associates) in order to be eligible to move on to certification for that particular treatment.*

- To become a certified CRA/A-CRA clinician, a clinician must pass eight **(8) procedures** specified on the Procedural Checklist for that treatment protocol.
- It typically requires each therapist to submit (electronically) approximately 12-15 audio recorded sessions to Robert J. Meyers, PhD & Associates for review by expert coders in order to obtain the required skill level. Agencies typically set time limits for their therapists to become certified (e.g., 6 months).
- Clinicians must submit recordings (with client permission) of them doing CRA/A-CRA sessions in each of the 8 procedures and demonstrate proficiency on each of the parts of the procedure. Many utilize Dropbox or another secure option through their employer. Recordings are not stored by the expert coder; they are deleted upon completion of the feedback.
- It is important to rename the recordings prior to uploading them with the initials of your agency00#your initials. For example, RJM001MK. The next recording would be RJM002MK. It is easiest to rename recordings prior to uploading them, otherwise it downloads as a bunch of numbers and is confusing. Every time a recording is submitted, the clinician must notify the expert coder.
- The expert coders will send clinicians numerical and written feedback within 5 business days on each submitted session in an effort to help clinicians improve their skills and to move them toward passing each procedure.
- Clinicians must receive a '3' or higher (out of a possible 5) on all parts of the procedure to pass that procedure. For example, for the communication skills session, if the clinician received ratings of at least a '3' on each component, the communications skills procedure would be considered "passed". However, if the clinician received any ratings lower than a '3' on the communication skills components, the entire procedure would need to be repeated with another client. This helps ensure that clinicians can demonstrate proficiency and fidelity to the model.

- Clinicians can use as many different clients as they wish to become certified. Although most clinicians submit recordings of individual sessions, group sessions are allowed.
- Coding cost \$85.00 per hour pro-rated.
- All clinicians must have a minimum of 2 coaching calls with their expert coder; more coaching calls may be necessary or requested by the clinicians. Calls should be used to discuss ratings and narrative comments the clinician has received on their sessions, clinical issues, and proper use of the CRA/A-CRA procedures.
- Coaching calls cost \$180.00 per hour for individual or group calls.
- Clinicians will receive a certificate as a certified CRA/A-CRA clinician upon successful completion of the certification process.
- Certified clinicians can elect to start the process of becoming a certified supervisor.

To learn more about certification options, email info@robertjmeyersphd.com

CRA/A-CRA SUPERVISOR CERTIFICATION

With the additional training of supervisors, agencies/programs can accomplish the important goal of **sustainability**. Certified supervisors can train and certify others at their own agencies, but the certification would not be tracked by Robert J. Meyers, PhD & Associates. Only people certified by Robert J. Meyers, PhD & Associates will be posted on the website.

*A clinician who is interested in becoming a certified CRA/A-CRA supervisor **must first become a certified clinician** (see certification requirements above).*

- Clinicians interested in becoming certified CRA/A-CRA supervisors (“supervisor-trainees”) will listen to and rate a series of recorded sessions provided by other clinicians from their own agency. Robert J. Meyers, PhD & Associates is not responsible for finding recordings for the supervisor-trainees to code. Robert J. Meyers, PhD & Associates’ own expert coders will rate these same sessions. Expert coders will rate the sessions after the supervisor-trainee to look for fidelity, quality of feedback, and agreement of coding.
- The supervisor-trainee must match the expert coder’s ratings (at least 80% or higher) on at least 5 sessions. Robert J. Meyers, PhD & Associates reserves the right to request additional inter-rater reliabilities with the supervisor-trainee.
- Supervisor-trainees must record themselves providing at least 1 coaching session with another clinician. The coaching session must cover the supervisor-trainee providing feedback to the clinician on a recent recording, coaching of a CRA/A-CRA procedure (with role play), and ensure the “spirit” of CRA/A-CRA.
- Supervisor-trainees will be provided a coding/rating manual (with the agreement of the Robert J. Meyers, PhD & Associates rater) about halfway through the supervisor certification. There is a fee for the manual and is NOT to be shared with anyone without explicit permission from Robert J. Meyers, PhD & Associates. Utilization of the coding manual helps to ensure fidelity to the model.
- Supervisors will receive a certificate as a certified supervisor **upon successful completion** of the relevant certification process.
- Certified CRA/A-CRA Supervisors are able to train and certify clinicians within their own agency.

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