

# TRAINING INFORMATIONAL

For

## Family Interaction Training (FIT) Series



A Training Opportunity for Louisiana Medicaid Behavioral Health  
Practitioners

Issued by

**LSUHSC-NO, SPH, Center for Evidence to Practice**



Informational Webinar Date: Wednesday, August 6, 2025

All applicants are able to register for this training on a **ROLLING BASIS** before the first scheduled training day.

Please direct questions to the Center for Evidence to Practice at  
[EvidencetoPractice@lsuhsc.edu](mailto:EvidencetoPractice@lsuhsc.edu)

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# 1. TRAINING OVERVIEW

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## A. INTRODUCTION

The Center for Evidence to Practice (Center for E2P) has written this Training Informational document to inform behavioral health professionals in Louisiana who are equipped to successfully participate in ***Family Interaction Training (FIT)***.

Due to the identified need for Medicaid behavioral health services specific to children and their caregivers, FIT has been selected by the Louisiana Department of Health - Office of Behavioral Health (OBH) as a research-informed initiative that will be expanded statewide.

**The goal of this informational is to learn about this training opportunity to see if it is the right fit for you and your organization.** Please review the entirety of this informational to see if it is the right opportunity for you; specifically, **Section 1D regarding Training Expectations and Guidelines.**

## B. INFORMATION ABOUT THE LOUISIANA CENTER FOR EVIDENCE TO PRACTICE

The Center for E2P is a partnership between the Louisiana Department of Health – Office of Behavioral Health (OBH) and the Louisiana State University Health Sciences Center, New Orleans (LSUHSC-NO) – School of Public Health and is tasked with improving access to evidence-based behavioral health practices for Louisiana children and families insured by Medicaid. Our mission is to support the state and its agencies, organizations, communities, and providers in selecting and implementing evidence-based interventions to promote youth and family well-being, improve behavioral health outcomes, and address challenges related to sustaining quality practice. For more information on E2P please visit our [website](#) and [subscribe](#) to our newsletter for updates.

## C. CONTINUING EDUCATION CREDITS

The Center is a continuing education (CE) pre-approval organization through the Louisiana State Board of Social Work Examiners (LABSWE) and the National Board for Certified Counselors (NBCC) as an Approved Continuing Education Provider (ACEP). Upon the conclusion of training, trainees who have complied with the Training Guidelines, met the minimum time requirements, and completed the post-training evaluation, will receive a certificate of completion containing their CE hours. For trainees whose credentials are outside of LABSWE and NBCC; the Center encourages applying for CE hours with their respective licensing board independently upon renewal.

Trainees who do not adhere to the Training Guidelines or who do not meet the minimum time requirements will have the opportunity to receive a certificate of participation denoting the

number of hours completed. This certificate can then be used to apply for CE hours independently with their respective licensing board upon renewal.

#### **D. TRAINING GUIDELINES & EXPECTATIONS**

Dedication and commitment to training are of the utmost importance when participating in any training opportunity offered by the Center. These trainings are typically very costly and would be a significant financial investment for practitioners and agencies should they enroll independently. *However, the Center offers these trainings at zero cost to trainees.* Due to this, **we emphasize the necessity of completing all components and adhering to the [Training Guidelines](#) for those selected to join this training.** Should an individual or agency drop out of this opportunity, it may impact whether or not they are selected for future training opportunities offered through E2P. ***All participants must demonstrate their commitment to participating in the three (3) training days and actively using the training approach with clients.***

#### **E. TRAINING COSTS**

There will be no cost to agencies for the course itself; however, agencies must financially commit to the time and effort required to complete the training and the delivery of the research-informed modality. Agencies and clinicians must set aside the allotted training time to fully participate in this training opportunity, including any expectations outside of training (e.g. reading training manuals and related materials, completing web-based training, changing operations to accommodate delivery of the modality). Trainees are encouraged to work with their agency leadership to ensure their schedules are open and available to complete all training components without other work obligations interfering.

For in-person training, the provider is responsible for covering the cost of travel and travel time. If applicable, training materials/manuals will be provided by the Center.

#### **F. NON-DISCRIMINATORY POLICY & ACCOMMODATIONS**

The Center appreciates diversity and does not discriminate based on race, nationality, religion, ability status, sex, color, ethnicity, age, sexual orientation, or gender identity. If you would like to [request accommodations](#) for training after you have been accepted/approved to attend, please email [EvidenceToPractice@lsuhsc.edu](mailto:EvidenceToPractice@lsuhsc.edu). Be sure to identify the training opportunity you were accepted/approved to attend when emailing.

## **2. SCOPE OF WORK**

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#### **A. MEET THE FIT TRAINER**

Dr. Amy Herschell earned her MA in Clinical Psychology from West Virginia University in 1999, and a Ph.D. in Clinical Psychology from West Virginia University in 2003. She has been a licensed psychologist for 15 years and is also an internationally certified PCIT trainer. Dr. Herschell has Center for E2P: Family Interaction Training Informational

presented on fidelity with administering behavioral healthcare to clients, the impact of COVID-19 on the healthcare field and managing children with mental and behavioral health challenges. Her research interests include the dissemination and implementation of Parent-Child Interaction (PCIT) across practice settings. Dr. Hershell is an adjunct associate professor of psychiatry at the University of Pittsburgh School of Medicine.

## **B. WHAT IS FAMILY INTERACTION TRAINING (FIT)**

Family Interaction Training (FIT) is a behavioral training program developed by the Centers for Disease Control (CDC) and the Association of University Centers on Disabilities (AUCD) designed to help caregivers of young children with disruptive behavior. FIT materials were developed for professionals who work with young children, but may not necessarily be mental health experts, to help caregivers learn evidence-based parenting strategies to prevent or reduce challenging behaviors.

The FIT program consists of lessons which are informed by existing evidence regarding critical elements of effective parent training programs and focus on strengthening the parent-child relationship, structuring the environment to prevent misbehavior, as well as using effective strategies for addressing misbehavior.

Video lessons, downloadable guides, handouts, worksheets, and quizzes are included. This series was developed for people from a wide range of disciplines to teach parents of young children to use many of the parenting strategies commonly used in proven programs. The program consists of 14 lessons in three modules that focus on strengthening the parent-child relationship, structuring the environment to prevent misbehavior, and effective strategies for addressing misbehavior.

FIT lesson topics include:

### **Module 1 – Strengthening the Parent-child Relationship Lesson 1:** Introduction and Module

1 Key Concepts

**Lesson 2:** Communication

**Lesson 3:** Praise

**Lesson 4:** Using Attention Strategically

**Lesson 5:** Scheduled Parent-Child Playtime

### **Module 2 – Structuring the Environment to Prevent Misbehavior Lesson 6:** Module 2 Key Concepts

**Lesson 7:** Establishing Routines and Family Rules

**Lesson 8:** Giving Clear Directions

**Lesson 9:** Anticipation Problems, Using Redirection, and Easing Transitions

**Lesson 10:** Helping Your Child Calm Down

### **Module 3 – Effective Strategies for Addressing Misbehavior Lesson 11:** Module 3 Key Concepts

**Lesson 12:** Time Out

**Lesson 13:** Logical Consequences and Removal of Privileges

**Lesson 14:** Conclusion

All materials can be obtained from: [AUCD - Family Interaction Training \(FIT\) Parent Training Videos and Materials website](#)

### **C. TARGET POPULATION CHARACTERISTICS**

FIT serves children aged **2.5-8 years old** (up to age 9 or 10 based on clinical judgement) with:

- Disruptive or challenging behaviors (such as not listening, temper tantrums, saying “no”, refusing to follow routines);
- Attention-Deficit/Hyperactivity Disorder (ADHD);

FIT may not be clinically appropriate for individuals with significant social reciprocity deficits. FIT effectively serves children whose parents:

- Have limited experience with children
- Have limited support
- Feel overwhelmed by their child’s behavior
- Feel angry at their child
- Have a child with an opposing temperament from their own
- Feel their child is out of control

### **D. PHILOSOPHY AND TREATMENT APPROACH**

FIT is based on many of the same theoretical underpinnings as other parent training models.

The goal of FIT is to combine insights from clinical experience with what research has shown are the key components of evidence-based practice. It is not an evidence-based treatment, but it was developed by combining techniques contained in the following four evidence-based treatments:

- Incredible Years Parenting Program (IY)
- Parent-Child Interaction Therapy (PCIT)
- Positive Parenting Program (PPP)
- New Forest Parenting Program

### **E. GOALS**

The goals of the model include:

- Improve parent/caregiver-child relationships
- Improve children’s cooperation
- Increase children’s abilities to manage frustration and anger
- Increase children’s appropriate social skills
- Improve children’s attention skills
- Build children’s self-esteem
- Increase parenting skills
- Decrease caregiver’s stress

### **E. SPECIFIC DESIGN OF THE SERVICE**

FIT is a model that can be used in any level of care and in any setting (e.g., clinic, home, community) and can be tailored to meet the individual needs of families and providers. FIT Facilitators do not need to have prior experience or training in providing behavioral health services. It is typically provided in weekly sessions but can be provided more often as needed. A typical course of treatment may average 14-20 sessions.

### **F. Training Program Introduction**

The goal of this training program is for participating agencies to successfully implement FIT into their organization and community. Applicants should be able to demonstrate the capacity to identify and engage appropriate young children and families for FIT and sustain the model long-term.

E2P expects all selected applicants to complete all required responsibilities over the duration of the training.

Identified applicants from selected organizations will participate in a training program lasting approximately one month.

This training will help participants become familiar with the curriculum to implement the program effectively in their setting. Essentially, the training will review these concepts but will focus more on implementation considerations such incorporating FIT within an existing service continuum, engaging families, tailoring content, addressing values and culture, knowing when to refer to a more intensive level of care, and tracking progress. Participants likely will need to do some self-study to learn concepts and navigate all resources.

### **G. TIMELINE OF FIT SERIES**

| <b>Training</b>                        | <b>Dates</b>                                     |
|--|--|
| <b>FIT Informational Webinar</b>       | Wednesday, August 6 <sup>th</sup> at 12pm-1pm    |
| <b>FIT Training Learning Session 1</b> | Friday, September 26 <sup>th</sup> from 9am-12pm |
| <b>FIT Training Learning Session 2</b> | Friday, October 3 <sup>rd</sup> from 9am-12pm    |
| <b>FIT Training Learning Session 3</b> | Friday, October 10 <sup>th</sup> from 9am-12pm   |

## **3. TRAINING REGISTRATION AND EXPECTATIONS**

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### **A. TRAINING AUDIENCE AND EXPECTATIONS**

**This training is open to ANY AND ALL PROFESSIONALS who work with young children ages 2.5-8 years old and their families.**

We encourage participants to consider if their organizations are ready to implement FIT strategies and serve the targeted population. ***In recognition of the importance of intra-agency support to implement this research-informed practice, we encourage organizations to have multiple clinicians to register for this opportunity.***

*Additionally, we highly encourage participation from supervisors and administrators as their understanding and support of these practices contributes to long-term sustainability.*

As this is free, state-funded training, we encourage registrants to consider if they are ready to commit to the training and long-term sustainability of this practice.

## **B. ZOOM REGISTRATION INFORMATION**

The **FIT series** is scheduled for **three (3) days in September and October**. The course instructor is Dr. Amy Herschell for this training opportunity. See Section 2A to learn more about the course instructor. All three (3) training days will have the same Zoom registration where participants can register for all three days of training at one time. The registration must be completed to join the Zoom call.

### **FIT Series Zoom Registration:**

Learning Session 1: September 26, 2025 9:00am-12:00pm CDT

Learning Session 2: October 3, 2025 9:00am-12:00pm CDT

Learning Session 3: October 10, 2025 9:00am-12:00pm CDT

The link to register can be accessible by [CLICKING HERE](#).

## **C. APPLICATION CHECKLIST**

- Please review the **FIT Training Informational** to be aware of training expectations.
- SAVE THE DATE:** For all of the FIT Series Training Days:
  - Learning Session 1: September 26, 2025 9:00am-12:00pm CDT
  - Learning Session 2: October 3, 2025 9:00am-12:00pm CDT
  - Learning Session 3: October 10, 2025 9:00am-12:00pm CDT
- Complete a [Zoom Registration](#) if you are available and interested in attending

## **D. NOTIFICATION OF TRAINING STATUS**

We are accepting applicants for this training on a ROLLING BASIS. Interested individuals will be able to register up until the day before the first scheduled training day. Following acceptance, Zoom will automatically send the training call link.

*Thank you for your commitment to serving Louisiana's children and families.  
We look forward to reading your application!*