

# Provider Certification in The Solution Method™

The Solution Method™ is an educational intervention that is based on developmental skills training (DST), an integration of cutting-edge neurobiology and developmental psychology.

The method was developed at the University of California at San Francisco School of Medicine, with collaboration from faculty in the departments of pediatrics, family and community medicine, and physiology. UCSF's Center for Health and Community houses the national coordinating center for DST research.

Health professionals who seek certification in the method complete didactic and experiential training in a progressive certification process which involves approximately 2 to 4 hours per week for two to 20 months, depending on the level of certification desired.

Professional training and certification are administered by the Institute for Health Solutions, a 501(c)(3) non-profit corporation. The method is protected by registered trademarks and copyrights, and a non-provisional patent for the 5-Point System of Emotional and Behavioral Regulation™ is pending.

The mission of the Institute for Health Solutions is to develop, evaluate, and disseminate developmental skills training for the prevention and treatment of biopsychosocial problems and the promotion of health and well-being. The Institute for Health Solutions provides program materials and a range of training options for participants as well as training and certification, promotional support, and research opportunities for health professionals.

Certified Solution Providers provide an array of preventive and therapeutic programs through both group and individual coaching formats. All services

support the completion of courses (Solution Kits) that are available through the Institute for Health Solutions. Participants complete course work based on set protocols. Brain retraining is achieved as a result of the experiences and practice provided in the kits. Coaching and group programs provide participants with the structure, support, and motivation to complete the kits. All Solution Training that is facilitated by Certified Solution Providers is based on the study and practices that are comprised in these kits.

Certified Solution Providers adhere to rigorous standards of practice that are specified in certification agreements at set levels. Maintaining program integrity and supporting the development of a professional community of the highest caliber are core principles of the organization. The Institute for Health Solutions is a provider of continuing education programs approved by the American Psychological Association, the American Dietetic Association, the National Board of Certified Counselors, and Boards of Behavioral Sciences in selected states.

## **DST Centers of Excellence**

All Certified Solution Providers are members of a regional center for clinical and professional support. Many of these centers are becoming DST Centers of Excellence that provide a virtual community to facilitate the development of research as well as to encourage clinical and professional support.

DST Centers of Excellence are founded in affiliation with research centers, most often universities or specialty clinics, and are directed by fully certified providers or research associates with professional experience with DST. The focus of the Centers of Excellence is to support scientific research on DST and to promulgate the data from such research, building

understanding among providers and others, and enhancing training and service.

As a Certified Solution Provider, we welcome you to work with other members of your regional center and staff of The Institute for Health Solutions to identify universities in your area with faculty and research interest in the method. Forming new DST Centers of Excellence strengthens the evidence base on the method and provides important professional opportunities to all providers who are involved.

The Center of Excellence based at the University of California at San Francisco Medical School, directed by the developer of the method, Laurel Mellin, MA, RD and housed at the UCSF's Center for Health and Community, is the national coordinating center for research in the method.

The DST Regional Centers gather all providers and mentors in each geographic region for collaboration and support. Sharing information among those already involved, making presentations and other outreach to other health professionals in the region, and marketing assistance to build clinical practices will be included. Email [Aeron@solutionmethod.org](mailto:Aeron@solutionmethod.org) for further information about DST Regional Centers and/or Centers of Excellence. Your participation is welcome.

## Levels of Solution Provider Certification

There are five levels of certification in the method. This graduated approach supports health professionals in mastering specific clinical skills needed at the level of service provision desired.

### The Solution Method Certification Levels

Certification	Clinical Activities	Course(s)
1	Education	Solution Method Basics
2	Introductory	Wired for Joy
	Additional Level 2 Specialty Courses:	<ul style="list-style-type: none"> <li>• The Solution for Stress</li> <li>• Wired for Connection* ^</li> <li>• The Solution for Weight*</li> <li>• The Intimacy Solution* ^</li> <li>• The Solution for Couples*</li> <li>• Wired for Freedom* ^</li> </ul>
3	Intermediate	Solution Kits 1 and 2
4	Advanced	Solution Kits 3 and 4
5	Fully Certified	Solution Kits 5 and 6
6	Solution Trainer	Telegroups, Retreats, Workshops

\*Certification at Provider Level 2 is available only for providers whose licensure, registration, or certification provides training in that symptom.

^ Currently pre-production; distribution to providers available 9/1/2009

## **Certified Solution Provider Characteristics**

Those who excel at this work have a background in interdisciplinary education and interdisciplinary clinical experience, enjoy small group teaching and facilitation, reflect the method in personal health and happiness, can create a therapeutic relationship, and are enthusiastic about bringing these skills to others. To be eligible to apply for certification training, individuals must have one of the following combinations of professional credentials, training, and experience:

- 1. Licensed mental health professional who has interdisciplinary training and experience in medical and behavioral health**
- 2. Registered or licensed dietitian who has interdisciplinary training and experience in psychology and counseling**
- 3. Registered nurse (Master's prepared) or licensed nurse practitioner who has interdisciplinary training and experience in psychology and counseling**
- 4. Board-certified physician who has interdisciplinary training and experience in psychology and counseling**
- 5. Health professional with outstanding personal qualifications and professional credentials that are the equivalent of one or more of the above and who has the equivalent training and experience. (If you are applying for certification based on this option, please email your *curriculum vitae* to [Deanne@solutionmethod.org](mailto:Deanne@solutionmethod.org). Initial screening of application is complimentary. If your qualifications suggest that you may be eligible for certification, a \$40 review fee applies.)**

## Steps for Certification as a Solution Provider

Solution Provider Certification is both personal and professional, for one can't teach skills one does not have; providers share many values and personal qualities and enjoy the power of using the skills in their own lives. Please feel free to contact the Institute at 415.457.3331 for more information.

### **Solution Provider Level 1: Educator (14 hours)**

The first level of certification in the method prepares you to educate clients in the basics of using The Solution Method 5-Point System. In one or two sessions, clients learn what the method is and how it works, and experience checking in and using one of the tools. This educational activity is ideal for acute care education in the method, such as in clinics, hospitals, and private practices.

For those who intend to pursue further certification in the method, Level 1 clinical activities enable them to become more comfortable with educating clients about the method and in the use of the skills.

The client materials used by Solution Method Level 1 Providers (Educators), *Solution Method Basics*, provides clients with comprehensive basic information about the method.

To access this training, order The Solution Method Provider Level 1 Certification Kit on the website (\$78) and enroll online in a Wired for Joy telegroup for introductory experiential training in the method. What follows are the specific components of training required for Provider Level 1 Certification:

1. **Clinical Skills** - You will receive The Solution Method Certification Level 1 Training Guide, a monograph that will train you in the core skills in educating clients in the basics of the method. By focusing on just what you most need to know and the clinical situations you will be likely to encounter, you will become skilled in providing brief educational sessions on the method more easily and quickly. Self-assessments at each section are included. (4 hours)

2. **Scientific Course** - For training in the basic science of the method, view the DST Scientific Overview (1 hour) and read the DST White paper (1 hour). Both are downloadable from the method's website and will provide background information on the method you will use in your clinical sessions. (2 hours)
  
3. **Experiential Training** - To experience the training personally and learn the basic skills that you will be teaching others, participate in a Wired for Joy four-week telegroup. Enroll online in a Wired for Joy TeleGroup at a time and day of the week that is convenient for you. Enrollment in this course includes a copy of the Wired for Joy Specialty Kit: the Wired for Joy Journal, 3 pocket reminders, and 3 months of Solution Method Internet Community membership. (8 hours - \$187)
  
4. **Review and Planning Session** After completing the above three steps, email your completed training guide to [Deanne@solutionmethod.org](mailto:Deanne@solutionmethod.org) and contact her to schedule a 30-minute application review and planning session to answer your questions, review your application, and orient you to certification.

### **Summary of Level 1 Provider Certification:**

**Total Hours for Certification: 14**

Total Costs of Certification: \$265

**Continuing Education Credit: 14 hours** (if applicable: \$35 fee)

#### **Provider Level 1 Clinical Services:**

Introductory Sessions on Solution Method Basics

#### **Client Educational Materials:**

Solution Method Basics (Booklet)

**Annual Certification Fee for Provider Level 1: \$ 65**

### **Solution Provider Level 2: Introductory Group/Individual Training Education (24 hours)**

To access this training, order The Solution Provider Level 2 Certification Kit on the website (\$385). You will receive a self-instructional course on the science behind the method and the clinical completion kit for the introductory core course: Wired for Joy. You will be certified to provide four-week introductory courses on the method based on the Wired for Joy Specialty Kit. Certification requires the following:

- 1. Scientific Course** - View the 8-hour video of the scientific sessions on DST conducted at UCSF. Learn the science behind the method and the basics of personal and clinical skills in Solution Training. 12-hour video course on DVD. (12 hours)

2. **Clinical Skills** - Coach a program graduate by telephone in using The Cycle Tool to demonstrate basic clinical skills in pertaining to this core skill. This 30 minute session is taped and you receive positive feedback and suggestions for enhancing the effectiveness of the coaching experience.
  
3. **Course-Specific Training** - Listen to 12 hours of CDs for certification in Wired for Joy including actual clinical sessions and orientation to the program, a copy of the participant Journal for that course and a provider guide with step-by-step session plans.

**Review and Planning Session** After completing the above three steps, email your completed evaluations to [Deanne@solutionmethod.org](mailto:Deanne@solutionmethod.org) and contact her to schedule a 30-minute planning session to answer your questions , review your cycle tape, and orient you to this level of certification.

**Summary of Level 2 Provider Certification:**

**Total Hours for Certification: 24**

**Total Costs of Certification: \$385**

**Continuing Education Credit: 24 hours** (if applicable - \$35 fee)

**Provider Level 1 Clinical Services:**

Wired for Joy Introductory Groups and Coaching

**Client Educational Materials:**

Wired for Joy Specialty Kits

**Annual Certification Fee Provider Level 2: \$ 125**

## **Additional Provider Level 2 Courses:**

Once you have completed Provider Level 2 Certification, you may be eligible to become certified in other introductory and specialty courses, based on your license, registration, or certification. The package for each course includes a sample journal, a provider guide, and audio CDs or files or a written orientation to the program and sample clinical sessions. (12 hours) Fee: \$195

(Continuing education credit, if available and desired: \$35 administration fee)

### **Introductory and Specialty Courses Currently Available:**

- **The Solution for Stress\*** - 5-Point System and Mastery Living (4 sessions)
- **The Solution for Weight** - Weight management (8 sessions)
- **The Solution for Couples** - Relationship Training (6 sessions)
- **SHAPEDOWN *express*** - Pediatric weight management (6 sessions)

### **Introductory and Specialty Courses Available 09/01/2009:**

- **Wired for Freedom** - Chemical and Relational Excesses (8 sessions)
- **The Intimacy Solution** - Intimacy Skills to Individuals (8 sessions)
- **Wired for Freedom** - Behavioral and Relational Excesses (8 sessions)
- **Wired for Connection\*** - 5-Point System and Connection Basics (6 sessions)

\* Certification available for all Certified Solution Providers Level 2. Others require discipline-specific training for certification.

### **Solution Provider Certification Level 3: Intermediate**

To access this training, order The Solution Kits 1 and 2 and enroll in a Solution Telegroup on our website. Arrange for clinical support through small group or individual coaching. You will be certified to provide advanced group and individual training based on Solution Kits 1 and 2. Certification requires:

1. **Experiential Training** - Order The Solution Kits 1 and 2 and participate in two 12-week telegroups (90 minutes/week) with a Certified Solution Trainer to observe the clinical teaching of these kits and to apply the skills personally. (\$169/month)
2. **Clinical Support** - Choose 1) a Clinical Cluster Group with other Solution Providers who are completing Intermediate Certification that meets monthly for 90 minutes for support and training OR 2) three private, 30-minute consulting sessions by telephone with a Solution Trainer of your choice. (\$195)

#### **Summary of Level 3 Provider Certification:**

**Total Hours for Certification: 45**

Total Costs of Certification: \$395 plus \$169/month experiential training

**Continuing Education Credit: 45 hours** (if applicable: \$35 fee)

#### **Provider Level 3 Clinical Services:**

Solution Kits 1 and 2 individual and group services

#### **Client Educational Materials:**

Solution Kit 1: Launching Your Solution

Solution Kit 2: Popping Above the Line

**Annual Certification Fee Provider Level 3: \$150**

## **Solution Provider Certification Level 4: Advanced**

To access this training, order The Solution Kits 3 and 4 and enroll in a Solution Telegroup on our website. Arrange for clinical support through small group or individual coaching. You will be certified to provide advanced group and individual training based on Solution Kits 3 and 4. Certification requires:

- 1. Experiential Training** - Order The Solution Kits 3 and 4 and participate in two 12-week telegroups with a Certified Solution Trainer to observe the clinical teaching of these kits and to apply the skills personally.  
(\$169/month)
- 2. Clinical Support** - Choose 1) a Clinical Cluster Group with other Solution Providers who are completing advanced Certification that meets monthly for 90 minutes for support and training OR 2) three private, 30-minute consulting sessions by telephone with a Solution Trainer of your choice.  
(\$195).

### **Summary of Level 4 Provider Certification:**

**Total Hours for Certification: 45**

**Total Costs of Certification: \$395 plus \$169/month experiential training**

**Continuing Education Credit: 45 hours (if applicable - \$35 fee)**

#### **Provider Level 3 Clinical Services:**

Solution Kits 3 and 4 individual and group services

#### **Client Educational Materials:**

Solution Kit 3: A Deeper Level of Healing

Solution Kit 4: Staying Above the Line

**Annual Certification Fee Provider Level 4: \$ 150**

## **Solution Provider Certification Level 5: Fully Certified**

To access this training, order The Solution Kits 5 and 6 and enroll in a Solution Telegroup on our website. Arrange for clinical support through small group or individual coaching. You will be certified to provide advanced group and individual training based on Solution Kits 5 and 6. Certification requires:

- 1. Experiential Training** - Order The Solution Kits 5 and 6 and participate in two 12-week telegroups with a Certified Solution Trainer to observe the clinical teaching of these kits and to apply the skills personally.  
(\$169/month)
- 2. Clinical Support** - Choose 1) a Clinical Cluster Group with other Solution Providers who are completing advanced Certification that meets monthly for 90 minutes for support and training OR 2) three private, 30-minute consulting sessions by telephone with a Solution Trainer of your choice.  
(\$195)

### **Summary of Level 5 Provider Certification:**

**Total Hours for Certification: 45**

**Total Costs of Certification: \$395 plus \$169/month experiential training**

**Continuing Education Credit: 45 hours (if applicable - \$35 fee)**

#### **Provider Level 3 Clinical Services:**

Solution Kits 5 and 6 individual and group service

#### **Client Educational Materials**

Solution Kit 5: A True Solution

Solution Kit 6: Reaping Your Rewards

**Annual Certification Fee Provider Level 5: \$ 225**

## **Solution Provider Certification Level 6: Trainers**

Those who demonstrate exemplary clinical skills in the method and who have made significant professional contributions in research, training, and/or service to the method are invited to become Solution Trainers.

These individuals may participate in a variety of leadership capacities and contribute to the development of the method on a voluntary basis. Their annual certification fees are waived based on their contribution.

### **Additional DST Training for Providers**

We recommend but do not require that all providers avail themselves of these additional learning experiences that are available without charge on the provider website:

#### **1. The Great Books List**

Concepts and research summarized in these books will enhance your conceptual understanding of the method.

#### **2. Foundations of DST**

These audio files provide interdisciplinary training in the method. Regardless of your discipline, listening to these presentations will support your clinical applications of the method.

#### **3. Clinical Sessions**

Audio files of actual clinical sessions provide you with more experience in responding to difficult participant encounters and advanced use of the skills.

## **Certification Benefits**

The primary benefits of Certification as a Solution Provider are client retention and positive clinical outcomes. The method's effectiveness promotes participant retention, and providing this service deepens the clinical and personal skills of the provider.

Certified Solution Providers receive quantity discounts on introductory participant course materials and introductory professional workshops. Providers certified at Levels 1 to 6 and who so desire appear on the referral list on the method's website. In addition, they have access to the professional component of the website which includes access to promotional materials, audio downloads of clinical sessions for study, and additional support. The Institute for Health Solutions also offers seminars and retreats for certified providers as well as opportunities to participate in program evaluation and research.

## **Provider Certification Costs**

As you begin the provider certification process, you can begin offering services within two months of starting your initial training. If you choose to continue to higher levels of certification, you can continue your training and extend the number and breadth of courses offered, including advanced training (The Solution Kits 1 to 6) and symptom specific specialty courses (e.g., substance abuse, weight management, and relationship training).

We strive to keep certification costs affordable, and that includes ongoing annual maintenance of certification. Other than that, there are no additional fees payable to the Institute from any clinical revenues you generate through offering the method. However, there is a quality assurance standard that participants complete one chapter in a Solution Kit per week of service provided.

Professional fees for services are individually determined by each provider, but are suggested to be affordable based on the needs of the community serviced. Marketing is an integral activity of Solution Providers. All providers offer complimentary orientations and talks on the method to build their practices. They distribute marketing materials that have been developed and approved by the Institute. All representations of the method are based on these materials and depictions of the method or method services are approved by the Institute. Any individual provider's representation of the method and services reflect on other providers and the method, so attention to quality assurance and consistency and accuracy of representation are key considerations.

Our evaluations have shown strong relationship between personal and professional skill in the method and participant retention. All providers are encouraged to participate in professionally-facilitated training to complete all Solution Kits and master the skills both personally and professionally. Most participants who complete the entire series of advanced courses require approximately two years of engagement in method programs. Some participants remain in training for three to five years.

## **Annual Recertification**

Each year after certification, you have the opportunity to renew your certification. All Certified Solution Providers sign a licensure agreement upon certification and pay an annual recertification fee for use of the method as well as the administrative, marketing, and clinical support of the Institute. No fees are charged based on your clinical income.

Annual Certification Fees - Fees for certification are due on December 1st of each year. If certification is not renewed by December 15th, certification is terminated effective December 31 of that year. When a LICENSEE becomes

certified at a new level, the increase in fee is prorated on a monthly basis. Annual requirements for continuing education are 10 hours. This training is available through seminars offered by telephone as well as options to become certified in a new specialty course of your choice.