



Certification in Dialectical Behavior Therapy (C-DBT) Certification Standards

1.0 Professional Standards

1.1 State or Nationally licensed as listed below AND completed all training hours and supervision requirements to be licensed for independent practice in the state they licensed in (or equivalent if practicing outside of the United States):

- Psychologist (LP or LCP)
- Counselor
 - LCMHC
 - LCP
 - LCPC
 - LMHC
 - LPC
 - LPCC
 - LPCMH
- Social Worker
 - LCSW
 - LCSW-C
 - LICSW
 - LISW
 - LISW-CP
 - LMSW if licensed in Michigan or Nebraska
- LMSW-ACP
- LSCSW
- Marriage and Family Therapist
 - LCMFT
 - LIMFT
 - LMFT
- Addictions Counselor (LCAS)
- Alcohol and Drug Counselor (LCADC or LADAC)
- Chemical Dependency/Substance Abuse Counselor (LCDP or LCSTP)
- Advanced Practice Nurse (APN)
- Nurse Practitioner (NP)
- Physician's Assistant (PA)
- Physician (MD)
- Psychoanalyst (LP)
- Board Certified Behavioral Analyst

Canadian Applicants: Licensed professionals who have met the licensure requirements for Provincial and Territorial Regulatory Bodies are welcome to apply. If you are unsure whether your professional background meets the standards for Certification, please email us a copy of your educational background and CV to info@evergreencertifications.com

International Applicants: Please check for a link to standards specific to your country of practice. If no link is available, please email us a copy of your educational background and CV to info@evergreencertifications.com

1.2 The applicant must:

- Be in good standing with the State Board that licenses him/her, including not being on probationary status for any reason.
- Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state or national associations to which he/she is qualified within the past 5 years.
- Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic or other clinical setting) based upon professional malpractice within the last 5 years.

2.0 Educational Standards

2.1 The applicant must meet the following education criteria (total minimum of 21 hours at a post-graduate level):

- Complete a minimum of 18 education hours in Dialectical Behavior Training, including 6 hours specific to Dialectical Behavior Therapy skills training.

- Complete a minimum of 3 education hours in Suicide/Risk Assessment and Intervention.

2.2 Examples of suitable education sources include, but are not limited to:

- Post-Graduate level coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course
- Approved Continuing Education as documented by certificates of completion from training organization

2.3 The applicant must attest that he/she has read the following:

- At least 2 practitioner books on the practice of Dialectical Behavior Therapy (i.e., not texts focused on Dialectical Behavior Therapy skills, but focused on Dialectical Behavior Therapy as a theoretical orientation). Sample books include:
 - *Dialectical Behavior Therapy: A Contemporary Guide for Practitioners* available on [Amazon](#)
 - *Dialectical Behavior Therapy, Vol 1, 2nd Edition* available on [Amazon](#)
 - *DBT Made Simple* available on [Amazon](#)
- At least two Dialectical Behavior Therapy skills training manuals. Sample books include:
 - *The Expanded Dialectical Behavior Therapy Skills Training Manual* available on [Amazon](#)
 - *DBT Skills Training Handouts and Worksheets* available on [Amazon](#)
 - *DBT Skills Training Manual* available on [Amazon](#)
 - *Dialectical Behavior Therapy Skills Training with Adolescents* available on [Amazon](#)
- The American Psychological Association (APA) policy on the Evidence Based Practice of Psychology (EBPP) found here: <https://www.apa.org/practice/guidelines/evidence-based-statement>

3.0 Certification Client Work and Consultation Attestation

The applicant must attest that, over the course of their career, he/she has conducted a minimum of 500 therapy hours using Dialectical Behavior Therapy as a theoretical orientation. Additionally, the applicant must attest to the use of clinical outcome evaluation procedures to monitor and adjust therapy consistent with the APA policy on evidence-based practice.

4.0 Required Documentation for Certification Eligibility

1. A copy of the applicant's professional license
2. Copies of completion of training as outline in the Educational Standards
3. A signed application form with attestation that the candidate has met all the requirements as detailed herein
4. Payment of certification application fee

Evergreen Certifications will certify applicants who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a licensed professional, you are responsible for reviewing the scope of practice, including activities that are defined in law as beyond the boundaries of practice in accordance with and in compliance with your profession's standards.

5.0 Required Documentation for Renewal of Certification

To maintain Certification, a reapplication is required. The steps to apply for a 2-year reapplication are as follows:

1. Submit, via email, a copy of your professional license as well as a completion certificate for twelve (12) clock hours of post-graduate level, training in Dialectical Behavior Therapy, Suicide Risk Assessment/Intervention, Crisis Intervention, Personality Disorders, Mindfulness, Emotional Regulation and/or Behavioral Analysis training to info@evergreencertifications.com
2. Payment of re-certification application fee

Re-certification training hours need to have been taken in the time since you were last certified or recertified. Renewals are calculated from the date that your Certification was issued. If you allow your Certification to lapse for more than 2 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.