



Certified Depression & Mood Disorder Treatment Professional (CDMDTP)

1.0 Professional Standards

1.1 State or Nationally licensed as a (or equivalent if practicing outside of the United States):

- Psychologist
- Clinical Social Worker
- Licensed Professional Counselor
- Marriage and Family Therapist
- Medical Doctor
- Nurse Practitioner
- Psychiatric Nurse
- Physician's Assistant

OR: A Graduate student in a clinical mental health program who is in the process of or has completed the clinical supervision requirements for licensure.

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

UK Applicants: Senior accrediting members who are psychotherapists meet the standards for Certification. Being a BACP member and designation as a counsellor does not meet the standards for Certification.

1.2 The applicant in must:

- Hold a Master's or Doctoral-Level Degree
- 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 candidate must meet the following education criteria (total minimum of 15 clock hours at a post-graduate level):

Minimum of 3 clock hours of education specific to suicide assessment and evidence-based suicide prevention and intervention approaches. This education can be in the form of audio or video training, or by reading the following books:

- *Suicide and Psychological Pain* by Jack Klott, MSSA, LCSW, CSWW (ISBN 9781936128167, available for purchase here: <https://publishing.pesi.com/store/detail/7215/suicide-and-psychological-pain>)
- *Treating Suicidal Clients & Self-Harm Behaviors: Assessments, Worksheets & Guides for Interventions and Long-Term Care* by Meagan N. Houston, PhD, SAP (ISBN 9781683730842, available for purchase here: <https://publishing.pesi.com/store/detail/22232/treating-suicidal-clients-self-harm-behaviors>)

Minimum of 12 clock hours of education specific to psychotherapy for mood disorders, as outlined below:

- The proposed neurobiological and etiological models of mood disorders (including the theory of the “bipolar spectrum”). A partial list of areas of knowledge would include stress and loss, circadian rhythms, glucocorticoid and hormonal system disruption, inflammation, genetic vulnerability, psychological conceptualizations, and sleep disorders.
- Knowledge and application of DSM-5™ diagnoses, differential diagnosis, and case formulation specific to: depression and its variations, bipolar disorder and its variations.
- Knowledge of common comorbidities including substance use disorders, anxiety disorders, trauma, and borderline personality disorder.
- Treatment
 - The role of medication with an emphasis on adherence, side effects and the patients’ experience
 - Psychotherapy including cognitive behavioral therapy (CBT) for depression including functional remediation for cognitive symptoms, chronotherapy, nutritional therapy, and (CBT-I) for insomnia.
 - Knowledge of “Third Wave” evidence-based treatment techniques for moods, behavioral activation, mindfulness, rumination-focused CBT, cognitive behavioral analysis system of psychotherapy, positive psychology; and bipolar-specific therapies including social rhythm therapy, family-focused therapy and psychoeducation

2.2 Examples of Educational 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

3.0 Certification Client Work and Consultation Attestation

The candidate must attest that over the course of their career, he/she has conducted a minimum of 200 contact hours with depressive disorder diagnosed clients.

4.0 Required Documentation for Certification Eligibility

1. A copy of the candidate’s license or equivalent
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

ICDTP will certify candidates 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 re-apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your professional licensure as well as a completion certificate for six (6) clock hours of post-graduate level training that focuses on the treat of depression and/or mood disorders to info@icdtp.com
2. Payment of re-certification application fee

You can also apply for reapplication for 2 or 3 years. Follow the process above, submitting twelve (12) clock hours of training for a 2-year reapplication, and eighteen (18) clock hours of training for a 3-year application.

Re-certification training hours need to have been taken in the time since you were last certified or recertified.