



## **Certified Personality Disorder Treatment Professional (C-PD) Certification Standards**

### **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
- Certified Addictions Counselor
- Certified Alcohol and Drug Counselor
- Licensed Professional Counselor
- Marriage and Family Therapist
- ANCC Board-Certified Mental Health Psychiatric Nurse
- Certified School Counselor

To be eligible for Certification, the applicant must have earned a minimum of a master's degree in a mental-health related profession AND hold a professional license as noted above.

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 a copy of your educational background and CV to [info@evergreencertifications.com](mailto:info@evergreencertifications.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:

- Be in good standing with the State or National Board or Organization 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 Post-Graduate Level Educational Standards**

2.1 The candidate must meet the following education criteria (total minimum of 18 clock hours at a post-graduate level):

#### Diagnosis of Personality Disorders

- Diagnostic Models: current research around the application of and shortcomings off each, including:
  - DSM-5
  - PDM
  - SWAP
  - Interpersonal Diagnosis
- The role of client gender, ethnicity, poverty and trauma history in diagnosis
- The impact of complex trauma in early life

### Screening and Assessment

- Steps and methods to identify and diagnose a personality disorder
- Tests and clinical instruments
- Symptomatic conditions vs. characteristic conditions
- Recognizing the difference in life pattern between “normal” and “disordered” personalities
- Comorbid clinical disorders
- Differential diagnosis

### Treatment Interventions

- The impact of etiology on treatment intervention success or failure
- Predicting treatability of a personality disordered client
- How to choose and apply the appropriate intervention based on diagnosis, including:
  - Mentalization-Based Treatment
  - Transference-Focused Psychotherapy
  - Interpersonal Reconstructive Psychotherapy
  - Object Relations Developmental Psychotherapy
  - Dialectical Behavior Therapy
  - Cognitive Behavioral Therapy
  - Schema-Based Treatment
  - Personality-Guided Psychotherapy
  - Tactical Therapy
  - Strategic Therapy
  - Structural Therapy
- How to develop treatment goals based on diagnosis and intervention selection
- The role of medications in treatment, including effects, side effects and warnings
- The role of residential or intensive treatment models
- Current research around the limitations and risks of each treatment intervention

### Suicide & Crisis Management

- Violence, suicide & manipulation
- Non-Suicidal Self-Injury (NSSI)
- Suicide risk assessment
- Hospitalization challenges and effective use

### Special Considerations

- Special considerations for personality disorders across all developmental and life stages
- Special considerations for couples, families and others with close relationships to a personality disordered individual
- Ethical and legal considerations
- Self-care for the professional

### 2.2 Examples of Educational sources include but are not limited to:

- Approved Continuing Education as documented by certificates of completion from training organization
- 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. Graduate-level courses (i.e. courses taken as part of a master’s degree program) do not qualify. Doctoral-level courses (i.e. courses taken as part of a doctoral degree program) qualify, and are awarded CEU hours based on the number of university-granted credits.

### **3.0 Clinical Experience Attestation**

The applicant must attest that over the course of their career, they have conducted a minimum of 100 hours of therapeutic contact with an individual with personality disorder traits and/or diagnosis.

### **4.0 Required Documentation for Certification Eligibility**

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

Evergreen Certifications, LLC 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, to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
  - a. A copy of your professional licensure
  - b. Completion certificate for six (6) clock hours of post-graduate level, personality disorder-focused training
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.