



Anxiety Certified Rehabilitation Services Provider (A-RSP)

1.0 Professional Standards

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

- Occupational Therapist
- Occupational Therapy Assistant
- Speech Language Pathologist

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@icatp.com.

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 Educational Standards

2.1 The candidate must meet the following education criteria (total minimum of 12 clock hours at a post-graduate level):

- An understanding of the DSM-5™ classification of Anxiety Disorders
- An understanding of differential diagnosis (i.e. OCD, Panic Disorder, General Anxiety Disorder)
- An understanding of the co-occurrence of depression
- A recognition of the physical symptoms of different types of anxiety
- When to refer for medication consultation with a prescriber
- An understanding of the **physiological basis** of anxiety to include: physiological responses (fight/flight/freeze) and neuroscience of anxiety (amygdala and cortex contributions and interactions)
- An understanding of **Cognitive Skills Sets** that address a) disrupting rumination, b) negative and catastrophic thinking, c) cognitive errors and erroneous beliefs, d) perfectionism and related procrastination, e) changing self-talk, and f) managing worry
- An understanding of the **Behavioral** attributes of the anxious client to include: a) avoidance and its impact on anxiety, b) reassurance seeking, c) create successful exposure experiences, d) memory reconsolidation, and f) motivation to change
- An overview of treatment interventions specific to speech, language and occupational therapy

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
- Occupational Therapists: Continuing Education hours must be AOTA approved
- Speech & Language Pathologists: Continuing Education hours must be ASHA approved

3.0 Certification Client Work and Consolation Attestation

The candidate must attest that, over the course of their career, he/she has conducted a minimum of 200 contact hours providing rehabilitation services/therapy to Anxiety-diagnosed clients.

4.0 Required Documentation for Certification Eligibility

1. A copy of the candidate's 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

ICATP 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, anxiety treatment-focused training to info@icatp.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.