



Anxiety Certified Rehabilitation Services Provider (A-RSP) Certification Standards
Application Standards for Practicing Professionals in the United Kingdom

1.0 Professional Standards

1.1 Nationally registered, credentialed or member of the association noted:

- Occupational Therapist
 - Hold a registration with the Health & Care Professionals Council (HCPC)
- Speech and Language Therapist/Speech Therapist
 - Hold a registration with the Health & Care Professionals Council (HCPC)

For all professions: Provisional or student registration or membership does not meet the standards for Certification. Coaches do not meet the standards for Certification, unless the Coach also holds a certification, registration or membership listed above.

Other applicants: Registered or credentialed professionals whose professional scope of practice allows them to diagnose and provide clinical mental health treatment plans for mental health disorders AND have met the registration or credentialing requirements in the UK or Scotland are welcome to apply. If you are unsure whether your professional background meets the standards for Certification, please email a copy of your educational background, professional scope of practice, membership or registration and CV to info@evergreencertifications.com

1.2 By applying for Certification, the applicant agrees to adhere to Evergreen Certifications' Professional Code of Ethics, available at www.evergreencertifications.com/codeofethics

2.0 Educational Standards

2.1 The applicant must meet the following education criteria (total minimum of 12 CPD hours):

- 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 Suitable education sources are approved continuing education or professional development training as documented by certificates of completion from the accredited training organization.

Evergreen Certifications will accept courses that have been completed within 3 years of initial application for Certification.

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 providing rehabilitation services/therapy to Anxiety-diagnosed clients.

4.0 Required Documentation for Certification Eligibility

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

Evergreen Certifications will certify candidates who meet the above requirements.

Please note: Certification does not imply endorsement of clinical competency. As a 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 1-year reapplication are as follows:

1. Submit, via email, a copy of your professional registration, credential, or membership as well as a completion certificate for six (6) CPD hours of anxiety treatment-focused training to info@evergreencertifications.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) CPD hours of training for a 2-year reapplication, and eighteen (18) CPD 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. Renewals are calculated from the date that your Certification was issued.

If you allow your Certification to lapse for more than 3 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.