



Certification in Dialectical Behavior Therapy (C-DBT) 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:

Psychotherapist or counsellor

- Hold a full clinical membership with the UK Council for Psychotherapy (UKCP)
- Hold a full membership as a MBACP with a MA/ MSc in Counselling or Psychotherapy or MBACP-Senior Accredited or higher with the British Association for Counselling & Psychotherapy (BACP)
- Be a Senior Accredited Registrant (MNCS Snr Accred) or a Fellow Registrant with the National Counselling Society (NCS)
- Hold a Full Membership with the Association of Child Psychotherapists with a MA/ MSc in Counselling or Psychotherapy
- Hold a Full Membership with BABCP with a MA/ MSc in Counselling or Psychotherapy
- Hold a Registered Counsellor Membership with the Association of Christian Counsellors (ACC) with a with a MA/ MSc in Counselling or Psychotherapy
- Be a COSCA or UK Body Accredited Member of the Counselling & Psychotherapy in Scotland (COCSA) with a MA/ MSc in Counselling or Psychotherapy

Psychologist

- Hold a registration as a Psychologist with the Health & Care Professionals Council (HCPC)
- Hold a full registration as a Psychologist with the British Psychological Society (BPS)

Social Worker

- Hold a registration with the Health & Care Professionals Council (HCPC)
- Hold a Working or Independent Membership with the British Association of Social Workers (BASW)

Psychoanalytic and psychodynamic psychotherapists

- Hold a Full Membership with the British Psychoanalytic Council (BPC)

Play Therapist

- Hold a Full Membership with the British Association of Play Therapists with a MA/ MSc in Counselling or Psychotherapy

Mental Health Nurse

- Hold a Mental Health or Specialist Community Public Health Nurse registration with the Nursing & Midwifery Council

Nurse

- Hold an active registration with the Royal College of Nursing (RCN)

Medical Doctor

- Hold a Full, General or Specialist registration with the General Medical Council (GMC)

Psychiatrist

- Hold a Full, General or Specialist registration with the Royal College of Psychiatrists (RCP)

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 United Kingdom are welcome to apply.

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 21 CPD hours at a post-graduate level):

- Complete a minimum of 18 CPD hours in Dialectical Behavior Training, including 6 hours specific to Dialectical Behavior Therapy skills training.
- Complete a minimum of 3 CPD hours in Suicide/Risk Assessment and Intervention.

2.2 Suitable education sources are approved continuing education or professional development 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.

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 Clinical Practice Requirement

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 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 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) CPD hours of training in Dialectical Behavior Therapy, Suicide Risk Assessment/Intervention, Crisis Intervention, Personality Disorders, Mindfulness, Emotional Regulation and/or Behavioral Analysis 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.