



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

Application Standards for Practicing Professionals in the United Kingdom

### **1.0 Professional Standards**

1.1 Nationally registered, credentialed or member of one of the associations noted:

- Counsellor, Psychotherapist, or Psychologist
  - Hold a registration as a MBACP, MBACP-Accredited, MBACP-Senior Accredited or higher with the British Association for Counselling & Psychotherapy (BACP)
  - Hold a full clinical membership with the UK Council for Psychotherapy (UKCP)
  - Be an Accredited Registrant (MNCS), Professional Registrant (MNCS Prof Accred), Senior Accredited Registrant (MNCS Snr Accred) or a Fellow Registrant with the National Counselling Society (NCS)
  - Be an Accredited Member, Senior Member or Fellow with the Accredited Counsellors, Coaches, Psychotherapists and Hypnotherapists (ACCPH)
  - Hold a registration as a Registered, Senior or Advanced Practitioner with the General Hypnotherapy Register
  - Hold a registration as a Practitioner Psychologist with the Health & Care Professionals Council (HCPC)
  - Hold a Full Membership with the Association of Child Psychotherapists
  - Hold a Registered Counsellor Membership with the Association of Christian Counsellors (ACC)
  - Be a COSCA or UK Body Accredited Member of the Counselling & Psychotherapy in Scotland (COCSA)
- 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
  - Hold a Certification as a Play Therapist, Practitioner in Therapeutic Play Skills, Play and Creative Arts Counsellor or Supervisor of Play and Creative Arts Therapists with the Play Therapy Register
- Mental Health Nurse
  - Hold a Mental Health or Specialist Community Public Health Nurse registration with the Nursing & Midwifery Council
- Advanced Nurse Practitioner
  - Hold an active registration with the Royal College of Nursing
- Medical Doctor
  - Hold a Full, General or Specialist registration with the General Medical Council

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. If you are unsure if 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](mailto: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](http://www.evergreencertifications.com/codeofethics)

## **2.0 Post-Graduate Level Educational Standards**

2.1 The candidate must meet the following education criteria (total minimum of 18 CPD hours):

### Diagnosis of Personality Disorders

- Diagnostic Models: current research around the application of and shortcomings of 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 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 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 candidate's professional registration, credential or membership
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 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, to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
  - a. A copy of your candidate's professional registration, credential or membership
  - b. Completion certificate for six (6) CPD hours of 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) 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.*