



## Certified Depression & Mood Disorder Treatment Professional (CDMDTP) Certification Standards

### 1.0 Professional Standards

1.1 To be eligible for certification, the applicant must have earned a minimum of a master's degree in their profession AND hold a state or national license as listed below, with all training hours and supervision requirements completed to be licensed for independent practice in the state they are licensed in (or equivalent if practicing outside of the United States):

- Psychologist (LP or LCP)
- Counselor
  - LCMHC
  - LCP
  - LCPC
  - LMHC
  - LPC
  - LPCC
  - LPCMH
- Social Worker
  - LCSW
  - LCSW-C
  - LICSW
- LISW
- LISW-CP
- LMSW if licensed in Michigan or Nebraska
- LMSW-ACP
- LSCSW
- Marriage and Family Therapist
  - LCMFT
  - LIMFT
  - LMFT
- Psychiatric Nurse Practitioner (NP)
- Psychiatrist (MD)
- Psychoanalyst (LP)

Canadian Applicants: Licensed professionals who have met the licensure requirements for provincial and territorial regulatory bodies are welcome to apply. If you are unsure whether your professional background meets the standards for certification, please email us a copy of your educational background and CV to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)

International Applicants: Please check for a link to standards specific to your country of practice. If no link is available, please email us a copy of your educational background 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 Educational Standards

2.1 The candidate must meet the following education criteria (total minimum of 15 clock hours of continuing education):

Minimum of 3 clock hours of education specific to suicide assessment and evidence-based suicide prevention and intervention approaches.

Minimum of 12 clock hours of education specific to psychotherapy for mood disorders, as outlined below:

- The proposed neurobiological and etiological models of mood disorders (including the theory of the "bipolar spectrum"). A partial list of areas of knowledge would include stress and loss, circadian rhythms, glucocorticoid and hormonal system disruption, inflammation, genetic vulnerability, psychological conceptualizations, and sleep disorders.
- Knowledge and application of DSM-5® diagnoses, differential diagnosis, and case formulation specific to: depression and its variations, bipolar disorder and its variations.

- Knowledge of common comorbidities including substance use disorders, anxiety disorders, trauma, and borderline personality disorder.
- Treatment
  - The role of medication with an emphasis on adherence, side effects and the patients' experience
  - Psychotherapy including cognitive behavioral therapy (CBT) for depression including functional remediation for cognitive symptoms, chronotherapy, nutritional therapy, and (CBT-I) for insomnia.
  - Knowledge of "Third Wave" evidence-based treatment techniques for moods, behavioral activation, mindfulness, rumination-focused CBT, cognitive behavioral analysis system of psychotherapy, positive psychology; and bipolar-specific therapies including social rhythm therapy, family-focused therapy and psychoeducation

2.2 Suitable education sources are approved continuing education 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 Practice Requirement**

The candidate must attest that over the course of their career, he/she has conducted a minimum of 200 contact hours with depressive disorder diagnosed clients.

### **4.0 Certification Application Process**

1. Submit the following documents:
  - a. A copy of the candidate's license or equivalent
  - b. Copies of completion of training as outline in the Educational Standards
  - c. A signed application form with attestation that the candidate has met all the requirements as detailed herein
2. Payment of certification application fee

Evergreen Certifications will certify applicants 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 Renewal of Certification**

To maintain certification, a renewal is required. The steps to re-apply for a 1-year renewal are as follows:

1. Submit the following documents:
  - a. A copy of your professional licensure as well as a completion certificate for six (6) clock hours of continuing education that focuses on the treat of depression and/or mood disorders
2. Payment of renewal application fee

You can also apply for renewal for 2 or 3 years. Follow the process above, submitting twelve (12) clock hours of training for a 2-year renewal, and eighteen (18) clock hours of training for a 3-year renewal.

Renewal training hours need to have been taken in the time since you were certified or last renewed. 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.*