



Certified Shame-Informed Treatment Specialist (CSTS) Certification Standards

1.0 Professional Standards

1.1 State or nationally licensed as listed below AND completed all training hours and supervision requirements 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
- Advanced Practice Nurse (APN)
- 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

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

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 clock hours of continuing education):

- Understand the continuum of self-evaluative emotions: shame, guilt, embarrassment, remorse, regret, self-criticism, self-loathing
- The role of attachment in the formation of shame-based identity
- The neurobiology of shame and trauma
 - Core shame and implicit memory
 - Polyvagal theory, neuroception and shame
- Assessment of shame-prone clients including:
 - Multicultural considerations
 - Identifying verbal and non-verbal signs of shame
 - Defenses against shame including lying, blaming, narcissism, addictions, perfectionism and more
- Attunement and connection as the key to therapeutic change with shame-prone clients

- Therapeutic empathy as the antidote to shame
- Balancing power in the therapeutic relationship
- Interventions and clinical strategies for treating core shame including
 - Somatic approaches to cultivate secure attachment
 - Mindfulness and meditations
 - Strategies to replicate conditions for healthy attachment
 - Self-compassion exercises
- Integrate shame-informed clinical strategies into the treatment of:
 - Trauma
 - Anxiety and stress
 - Substance use
 - Anger and rage
 - Perfectionism
 - Co-dependency
 - Depression, self-harm, suicidality

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 Certification Application Process

1. Submit the following documentation:
 - a. A copy of the applicant's professional license
 - b. Copies of completion of training as outlined in the Educational Standards
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.

4.0 Renewal of Certification

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

1. Submit a copy of your professional license as well as a completion certificate for six (6) clock hours of shame-focused continuing education
2. Payment of renewal application fee

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