



Certification in Dialectical Behavior Therapy (C-DBT) Certification Standards
Application Standards for Practicing Professionals in Australia and New Zealand

1.0 Professional Standards

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

- Registered Psychologist
 - Hold a general designation and/or with endorsement
 - Hold a registration with New Zealand Psychologists Board AND hold a practising certification
- Registered Counsellor
 - Be a Level 2, 3 or 4 member of the Australian Counselling Association (ACA)
 - Be a full member of the New Zealand Association of Counsellors
 - Be a Clinical member of the Psychotherapy and Counselling Federation of Australia (PACFA)
- Social Worker
 - Be a member of the Australian Association of Social Workers
 - Hold a Practising Certificate with the Social Workers Registration Board
- Psychiatrist
 - Be accredited by the Royal Australian & New Zealand College of Psychiatrists
- Credentialed mental health nurse
- Registered nurse practitioner (NP)
- Advanced practice nurse (APN)
- Doctor of Medicine (MD)
 - Hold a General or Specialist registration with the Medical Board of Australia
 - Hold a practising certificate and be registered with the Medical Council of New Zealand

For all professions: Provisional or student registration does not meet the standards for Certification.

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 Australia or New Zealand 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 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 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 Certification Client Work and Consultation Attestation

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 renewal is required. The steps to apply for a 2-year renewal 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 renewal application fee

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