



Certification in Dialectical Behavior Therapy (C-DBT) 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, with all training hours and supervision requirements completed to be licensed for independent practice in the state they 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)

1.2 By applying for certification, the applicant agrees to adhere to [Evergreen Certifications' Professional Code of Ethics](#)

2.0 Educational Standards

2.1 The applicant must meet the following education criteria (total minimum of 21 hours of continuing education):

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

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 2 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 Certification Application Process

1. Submit the following documents:
 - a. A copy of the applicant's professional license
 - 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 apply for a 2-year renewal are as follows:

1. Submit the following documents:
 - a. A copy of your professional license as well as a completion certificate for twelve (12) clock hours of Dialectical Behavior Therapy, Suicide Risk Assessment/Intervention, Crisis Intervention, Personality Disorders, Mindfulness, Emotional Regulation and/or Behavioral Analysis continuing education
2. Payment of re-certification application fee

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