



**Certified Personality Disorder Treatment Professional (C-PD) 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 that aligns with the standards set by the Psychology Board of Australia
  - 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
- Advanced practice nurse
- Doctor of Medicine
  - 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 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 professional development trainings 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 renewal is required. The steps to apply for a 1-year renewal 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 renewal application fee

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

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 3 years, you are no longer eligible to renew your Certification and instead can reapply for Certification.*