



**Evergreen Certified CBT Clinician (CBT-C) Certification Standards**  
Application Standards for Practicing Professionals in the United Kingdom

**1.0 Professional Standards**

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

Psychotherapist or counsellor

- Hold a full clinical membership with the UK Council for Psychotherapy (UKCP)
- Hold a full membership as a MBACP with a MA/ MSc in Counselling or Psychotherapy or MBACP-Senior Accredited or higher with the British Association for Counselling & Psychotherapy (BACP)
- Be a Senior Accredited Registrant (MNCS Snr Accred) or a Fellow Registrant with the National Counselling Society (NCS)
- Hold a Full Membership with the Association of Child Psychotherapists with a MA/ MSc in Counselling or Psychotherapy
- Hold a Full Membership with BABCP with a MA/ MSc in Counselling or Psychotherapy
- Hold a Registered Counsellor Membership with the Association of Christian Counsellors (ACC) with a MA/ MSc in Counselling or Psychotherapy
- Be a COSCA or UK Body Accredited Member of the Counselling & Psychotherapy in Scotland (COCSA) with a MA/ MSc in Counselling or Psychotherapy

Psychologist

- Hold a registration as a Psychologist with the Health & Care Professionals Council (HCPC)
- Hold a full registration as a Psychologist with the British Psychological Society (BPS)

Social Worker

- Hold a registration with the Health & Care Professionals Council (HCPC)
- Hold a Working or Independent Membership with the British Association of Social Workers (BASW)

Psychoanalytic and psychodynamic psychotherapists

- Hold a Full Membership with the British Psychoanalytic Council (BPC)

Play Therapist

- Hold a Full Membership with the British Association of Play Therapists with a MA/ MSc in Counselling or Psychotherapy

Mental Health Nurse

- Hold a Mental Health or Specialist Community Public Health Nurse registration with the Nursing & Midwifery Council

Nurse

- Hold an active registration with the Royal College of Nursing (RCN)

Medical Doctor

- Hold a Full, General or Specialist registration with the General Medical Council (GMC)

Psychiatrist

- Hold a Full, General or Specialist registration with the Royal College of Psychiatrists (RCP)

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 candidate must meet the following education criteria (total minimum of 28 hours of CPD training):

- Complete a minimum of 6 education hours in theoretical foundations of CBT

- Understand the model
- Core components of CBT practice
- Behavioral interventions
- Cognitive interventions
- Knowledge of mindfulness and acceptance-based approaches
- Complete a minimum of 22 education hours in application of CBT in clinical practice
  - Assessment, diagnosis, and interventions for the following (but not limited to):
    - Depression
    - Bipolar Disorder
    - Anxiety Disorders
    - Trauma
    - OCD
    - Substance Use Disorders
    - Self-injury and suicidality
    - Personality Disorders (adult track)
    - ODD and Conduct Disorder (child/adolescent track)
  - CBT skills training, such as but not limited to:
    - Psychoeducation
    - Cognitive restructuring
    - Exposure therapy
    - Mindfulness
    - Behavior activation
    - Social skills training

2.2 Suitable education sources are approved CPD courses as documented by certificates of completion from the accredited training organization.

### 3.0 Clinical Consultation

The applicant must present and pass overall on 2 clinical case studies in CBT-focused case review consultation sessions, with an Evergreen Certifications Approved Consultant\*. The consultation sessions must be completed within 2 years of completion of education hours.

The following information should be included in the case presentation (a write-up submission is not required, though you will be expected to speak on all aspects for each case presented):

- CBT case conceptualization
- Assessment and diagnosis
- Agenda of session, including:
  - Check-in
  - Objectives prepared for session
  - Treatment plan and goals
  - Session skill activity
  - Session summary and feedback
  - Client homework/behavioral experiment
- Application of evidence based diagnostic specific CBT skills

To be approved for certification, applicants must pass with an overall score of 3 or 4 in each category on the Case Consultation Form. If any scores are below this, the applicant should reach out to Evergreen at [info@evergreencertifications.com](mailto:info@evergreencertifications.com) for next steps if still interested in obtaining the certification.

[Sample CBT-C Case Consultation Form can be found here](#)

*\*If you are working with a CBT consultant that is not listed as an Evergreen Certifications Approved Consultant, please have the consultant send a copy of their professional license and CV for Evergreen to review for approval to [consultant@evergreencertifications.com](mailto:consultant@evergreencertifications.com)*

#### **4.0 Certification Application Process**

1. Submit the following documents:
  - a. A copy of the candidate's professional registration, credential, or membership
  - 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
  - d. Evidence of completion of CBT clinical consultation
2. Payment of certification application fee

Evergreen Certifications will certify candidates for an initial period of 3 years 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 after your initial 3-year certification. The steps to apply for a 3-year renewal are as follows:

1. Submit a copy of your professional registration, credential, or membership as well as a completion certificate for 18 CPD hours related to CBT (includes DBT, ACT, REBT, MBCT, mindfulness, positive psychology)
2. Payment of renewal fee

Renewal training hours need to have been taken in the time since you were certified or last renewed. Renewal training must be a different training than what has previously been used for either initial certification or a previous 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.*