



Evergreen Certified CBT Clinician (CBT-C) 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 as listed below with all training hours and supervision requirements completed 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 candidate must meet the following education criteria (total minimum of 28 hours of continuing education 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, including assessment, diagnosis, and interventions for:
 - Depression and Bipolar Disorders
 - Anxiety Disorders
 - Trauma
 - OCD
 - Personality Disorders
 - Substance Abuse Disorders

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

3.0 Clinical Consultation

- The applicant must present and pass a minimum of 3 clinical case studies in CBT-focused case review consultation sessions, with an Evergreen Certifications Approved Consultant*. The following information should be included in the case presentation:
 - Case conceptualization of presenting issue, including cognitions and behaviors
 - Agenda of session, including:
 - Check-in
 - Objectives prepared for session
 - Session activity
 - Feedback
 - Homework given to client
 - Application of CBT skills, including psychoeducation, cognitive restructuring, exposure, behavior activation, and mindfulness
- To be approved for certification, applicants must pass 3 clinical case studies by receiving a score of 3 or 4 in each category of the Case Consultation Form. If any scores are below this, the applicant must present an additional case to a consultant. [Sample CBT-C Case Consultation Form can be found here.](#)
- The consultation sessions must be completed within 2 years of completion of education hours.

**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 info@evergreencertifications.com*

4.0 Certification Application Process

1. Submit the following documents:
 - a. A copy of the candidate'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
 - d. Evidence of completion of CBT clinical case review sessions
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. The steps to apply for a 3-year renewal are as follows:

1. Submit a copy of your professional license as well as a completion certificate for 18 CEU hours of CBT focused continuing education
2. Payment of renewal fee

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 2 years, you are no longer eligible to renew your certification and instead can reapply for certification.