



## 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)

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 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
  - 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 continuing education 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 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 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 license as well as a completion certificate for 18 CE 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.*