



**Certified Clinical Anxiety Treatment Professional (CCATP) 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 whether 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 Educational Standards**

2.1 The applicant must meet the following education criteria (total minimum of 12 CPD hours):

- DSM-5™ Classification of Anxiety Disorders
- Differential diagnosis (i.e. OCD, Panic Disorder, General Anxiety Disorder) and diagnostic rule-outs (health related for example)
- Co-occurrence of depression
- Assessment of Physical Symptoms of different types of anxiety
- When to refer for medication consultation with a prescriber

- Psychoeducation on the physiological basis of anxiety to include: physiological responses (fight/flight/freeze) and neuroscience of anxiety (amygdala and cortex contributions and interactions)
- Teaching the client Cognitive Skills Sets that address a) disrupting rumination, b) negative and catastrophic thinking, c) cognitive errors and erroneous beliefs, d) perfectionism and related procrastination, e) changing self-talk, and f) managing worry
- Treating the Behavioral attributes of the anxious client that address a) avoidance and its impact on anxiety, b) reassurance seeking, c) create successful exposure experiences, d) memory reconsolidation, and f) motivation to change

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 Certification Client Work and Consultation Attestation**

The applicant must attest that, over the course of their career, he/she has conducted a minimum of 200 clinical mental health contact hours with Anxiety-diagnosed clients, with the use of weekly consultation and/or supervision.

### **4.0 Required Documentation for Certification Eligibility**

1. A copy of the applicant's professional registration, credential, or membership
2. Copies of completion of training as outlined in the Educational Standards
3. A signed application form with attestation that the applicant has met all the requirements as 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, a copy of your professional registration, credential, or membership as well as a completion certificate for six (6) CPD hours of anxiety treatment-focused training to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
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.*