



## Certified Clinical Anxiety Treatment Professional (CCATP) Certification Standards

### 1.0 Professional Standards

1.1 State or Nationally licensed professionals as listed below AND completed all training hours and supervision requirements 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
- Addictions Counselor (LCAS)
- Alcohol and Drug Counselor (LCADC or LADAC)
- Chemical Dependency/Substance Abuse Counselor (LCDP or LCSTP)
- Advanced Practice Nurse (APN)
- Nurse Practitioner (NP)
- Physician's Assistant (PA)
- Physician (MD)
- Psychoanalyst (LP)
- Board Certified Behavioral Analyst

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](mailto: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](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 hours of continuing education or professional development training):

- 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 continuing education or professional development training 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 license
2. Copies of completion of training as outline in the Educational Standards
3. A signed application form with attestation that the candidate has met all the requirements as detailed herein
4. Payment of certification application fee

Evergreen Certifications will certify applicants 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 Required Documentation for Renewal of Certification**

To maintain Certification, a reapplication is required. The steps to apply for a 1-year reapplication are as follows:

1. Submit, via email, a copy of your professional license as well as a completion certificate for six (6) clock hours of anxiety treatment-focused continuing education or professional development training to [info@evergreencertifications.com](mailto:info@evergreencertifications.com)
2. Payment of re-certification application fee

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

Re-certification training hours need to have been taken in the time since you were last certified or recertified. 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.*