



**Certified Shame-Informed Treatment Specialist (CSTS) 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
  - 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 (NP)
- Advanced practice nurse (APN)
- Doctor of Medicine (MD)
  - 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 professional development training):

- Understand the continuum of self-evaluative emotions: Shame, Guilt, Embarrassment, Remorse, Regret, Self-Criticism, Self-Loathing
- The role of attachment in the formation of shame-based identity
- The neurobiology of shame and trauma
  - Core shame and implicit memory
  - Polyvagal theory, neuroception and shame
- Assessment of shame-prone clients including:

- Multicultural considerations
- Identifying verbal and non-verbal signs of shame
- Defenses against shame including lying, blaming, narcissism, addictions, perfectionism and more
- Attunement and connection as the key to therapeutic change with shame-prone clients
  - Therapeutic empathy as the antidote to shame
  - Balancing power in the therapeutic relationship
- Interventions and clinical strategies for treating core shame including
  - Somatic approaches to cultivate secure attachment
  - Mindfulness and meditations
  - Strategies to replicate conditions for healthy attachment
  - Self-compassion exercises
- Integrate shame-informed clinical strategies into the treatment of:
  - Trauma
  - Anxiety and stress
  - Substance use
  - Anger and rage
  - Perfectionism
  - Co-dependency
  - Depression, self-harm, suicidality

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 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. 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.*

### **4.0 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 shame-focused professional development 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.*