



Certified Veteran and Military Mental Health Professional (CVMHP) 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 license 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)
- School Psychologist
- 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
 - LDMFT
- Psychiatric Mental Health Nurse Practitioner (PMHNP)
- Psychiatrist (MD)
- Psychoanalyst (LP)
- Addiction Counselors

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 applicant must meet the following education criteria (total minimum of 24 hours of continuing education):

Military Culture: Develop a foundational understanding of the military structure and culture as well as its impact on Service member and Veteran healthcare. Understand the impact of transitioning from military status to civilian and the role providers play in assisting a smooth transition. Gain awareness of the resources accessible to Service members and Veterans and how this helps with building and maintaining resilience.

Military Deployment: Understand the psychological impact of deployments on the servicemember and their family members.

Betrayal Trauma: understand the impact of how basic military training creates a unique level of trust that gets violated through Military Sexual Trauma (MST) and the system is therefore impacted. Special consideration for individuals with

previous sexual abuse trauma. Understand how MST influences other forms of trauma common within the Military. Increase awareness of the Bystander Intervention within the military.

Assessment and Diagnostics: gain knowledge regarding effective assessment processes with Service members and Veterans and how to take an effective military history. Learn how to employ various evidence-based gold standard tools used to inform the diagnostic process, increase awareness of the common disorders amongst veterans and military personnel. Understand the impact of significant disorders on their ability to serve and ability to access resources.

Most Common Issues Amongst Veterans and Military Services Members:

- **Sleep Disorders:** Understand how deployments, shift work, and other common stressors experienced by service members negatively impact sleep.
- **Substance Abuse:** types of substances, assessments, effective treatments, military and veteran resources and the importance of continuity of care and why this is in the best interest of the Service Member.
- **PTSD:** learn the various types common amongst veterans and service members: MST, Combat; being able to know how to diagnosis PTSD and how to treat using Cognitive Processing Therapy, Prolonged Exposure Therapy and EMDR as these are standard treatment modalities for PTSD.
- **TBI:** understand comorbidities between TBI and PTSD, understand how to refrain from attributing conditions to TBI and know when to refer out to a Neuropsychologist.
- **Adjustment Disorder:** understand how and why adjustment disorder is the number one diagnosis given to service members and how to treat it.

Treatment: trauma-based modalities including Unified Protocol, Cognitive Behavioral Therapy-Insomnia, Cognitive Behavioral Therapy, Motivational Interviewing, Acceptance and Commitment Therapy, etc.

Suicide Prevention: Be aware of current suicide risk factors specific to service members. Understand correlations between suicide and common mental health disorders for servicemembers (i.e., PTSD). Be able to implement a safety plan or crisis response plan with a suicidal individual. Learn and implement Lethal Means Counseling and Motivational Interviewing techniques to increase firearm safety.

Chronic Pain: understand the contributing factors to chronic pain, and develop knowledge related to the treatment process for pain management.

Moral Injury: develop an understanding of what moral injury looks like amongst veterans and military service members and how to address it in the therapeutic process; understand the relationship between PTSD and Moral Injury.

Diversity: intersectionality between cultures and military cultures.

2.2 Suitable education sources are approved continuing education 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.

2.3 Certification Test:

Applicant must obtain a passing score of 85% on a Case Study Multiple Choice Test.

3.0 Certification Client Work and Additional Requirement Attestation

Client Work

The applicant must attest that, over the course of their career, he/she has worked with clients with military background in some capacity. The ideal certificate holder will be or aspire to be a Tricare provider or to offer sliding scale or pro bono services to Service members or Veterans in need

Required Book Readings:

- [Hurley, E.C. \(2021\). *A Clinician's Guide for Treating Active Military and Veteran Populations with EMDR Therapy* \(1st ed.\). Springer.](#)
- [Myers, K. J., & Lane, W. D. \(2020\). *Counseling Veterans: A Practical Guide*. Cognella Inc.](#)
- [Stebnicki, M. A. \(2020\). *Clinical Military Counseling: Guidelines for Practice*. Wiley and Sons.](#)

Supplemental Recommended Readings

While these readings are not required, they are strongly recommended:

- American Psychological Association (APA). (2020). Patient Health Questionnaire (PHQ-9 and PHQ-2). Retrieved from <https://www.apa.org/pi/about/publications/caregivers/practice-settings/assessment/tools/patient-health>.
- Ammerman, B.A., and Reger, M.A. (2020). Evaluation of prevention efforts and risk factors among veteran suicide decedents who died by firearm. *Suicide and Life-Threatening Behavior*, 50(3), 679-687.
- Burgo-Black, A.L., Brown, J.L., Boyce, R.M., & Hunt, S.C. (2016). The Importance of Taking a Military History. *Public Health Reports*, 131(5), 711–713. <https://doi.org/10.1177/0033354916660073>
- Inoue, C., Shawler, E., Jordan, C., et al. (2022). Veteran and military mental health issues. In, StatPearls [Internet]. Treasure Island (FL): StatPearls Publishing. Retrieved from <https://www.ncbi.nlm.nih.gov/books/NBK572092/>
- Jones, H., & Mann, B. (2020). The war on stigma: examining mental illness stigma in the U.S. military. *2020 SACAD Entrants*, 42. Retrieved from https://scholars.fhsu.edu/sacad_2020/42/.
- Meyers, J.E., and Vincent, A.S. (2020). Automated Neuropsychological Assessment Metrics (v4) Military Battery: Military Normative Data. *Military Medicine*, 185(9-10), e1706-e1721.
- Searle, A.K., Van Hooff, M., McFarlane, A.C., Davies, C.E., Fairweather, S.A.K., Hodson, S.E., ———Benassi, H., & Steele, N. (2015). The validity of military screening for mental health problems: —diagnostic accuracy of the PCL, K10 and AUDIT scales in an entire military population. *International Journal of Methods in Psychiatric Research*, 24(1), 32-45. <https://doi.org/10.1002/mpr.1460>.
- U.S. Department of Veterans Affairs. (2022). Mental Health. Retrieved from <https://www.mentalhealth.va.gov/index.asp>.

4.0 Certification Application Process

1. Submit the following documents:
 - a. A copy of the applicant's professional license
 - b. Copies of completion of training as outlined in the Educational Standards

- c. A signed application form with attestation that the candidate has met all the requirements as detailed herein
2. 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 Renewal of Certification

To maintain certification, a renewal is required. After your initial 2-year certification, you have the option to renew for 2 years. The steps to apply for a 2-year renewal are as follows:

1. Submit the following documents:
 - a. A copy of your professional license
 - b. Completion certificate for eight (8) clock hours of continuing education related to ***treating active military personnel or veterans.***
2. Payment of re-certification application fee

Re-certification 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 from your certification end date, you are no longer eligible to renew and instead can reapply for certification.