

Become a Certified CBT Therapist

Certification is a formal recognition of your CBT training, experience, and commitment to professional development. It provides assurance to tāngata whaiora (people seeking health) that you are appropriately trained and are confident, evidence-based, and culturally affirming in your therapy practice.

Background

CBT certification has been developed by ANZACBT to contribute to creating a career structure and acknowledgement of qualification for people with CBT training.

This proposal was developed and refined in line with feedback from a wide range of stakeholders and ANZACBT members and bearing in mind the rapidly changing mental health context in New Zealand.



CBT CERTIFICATION



Requirements

- Relevant undergraduate or postgraduate degree.
- Substantial supervised postgraduate CBT training.
- 50+ hours of CBT practice post-training.
- Minimum of .4 FTEs per week clinical practice.
- Regular supervision with an appropriate CBT supervisor.
- Clinical Experience log verified by supervisor.
- Evidence of CBT adherence.
- Documented cultural supervision and training.
- Membership of ANZACBT.
- Professional membership of an organisation with clear auditing processes.

More information:



cbt.org.nz



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