

CBT certification criteria

Objective

CBT certification has been developed by ANZACBT to contribute to creating a career structure and acknowledgement of qualification for people with CBT training as there is no such structure currently. This will be recognised in a similar way to certification as a CBT therapist in the UK.

There is no intention to prevent other clinicians who do not have CBT certification from using CBT. Instead, it is a positive acknowledgement of people who have worked hard to complete significant post-graduate training in CBT.

Certification does not have the same legal standing as professional registration.

Background

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 NZ. The initial proposal was to achieve 'registration' of CBT therapists, which is a legal term, however this has been changed to 'certification', which is not a legal term, but can still be used to acknowledge CBT expertise. Feedback from stakeholders on ensuring cultural competence and ensuring that the cost of becoming certified is not prohibitive has been taken into account.

Certification will be assessed by a sub-committee from the ANZACBT executive board. Cultural competence will be assessed by having Māori and/or Pasifika representation in the ANZACBT certification panel.

Each application will be considered on a case-by case basis.

Definition of 'CBT' for certification

CBT is a specific therapy approach within the broader family of cognitive and behavioural therapies. CBT was developed by Dr Aaron Beck. It can include components of ACT and DBT but training or experience in these alone does not suffice for CBT certification.

The rationale for this is that other forms of cognitive behavioural therapy such as ACT, DBT and compassion-focussed therapy operate under the broader umbrella of cognitive behavioural therapies.

Cost

The initial certification cost of \$30 must be met by the clinician and there is a yearly re-certification (also \$30). This may be supported by the individual's employer.

Applicants must also be members of ANZACBT, which costs \$50 per year.

Certification requirements

Basic requirements for certification would be that the therapist:

1) *Holds a relevant undergraduate (or post graduate) degree*

The therapist must have an appropriate undergraduate or post-graduate degree or degree equivalent (minimum of three years of undergraduate study) in a relevant field such as psychology, nursing, medicine, occupational therapy or social work. There may be other appropriate qualifications but each one would be considered on a case-by-case basis. This qualification is in addition to post-graduate CBT training.

2) *Has completed substantial post-graduate CBT training*

The applicant must have completed a post-graduate CBT training course, comprising at least 100 hours of workshop-style training over a maximum of 3 years as part of a NZQA approved (or internationally approved) post graduate course such as PG DipClin Psych with a strong practical CBT component, PG CBT diploma level course or substantial international post graduate CBT course. The CBT training must include a minimum of 20 hours of supervised CBT practice and formal assessment of competence via video recording of therapy sessions with real clients. Completion of on-demand online modules without formal assessment by a university course of the applicant's clinical work with real clients is not sufficient for certification.

3) *50 hours of CBT practice with clients post training. This should be in the context of also having regular CBT supervision.*

4) *Works clinically for a minimum of .4 FTEs per week*

5) *Has an appropriate supervisor*

The applicant must have a supervisor who:

- is either certified under ANZACBT, or meets requirements for CBT certification.
- has at least 100 hours of practice of CBT-based work with individual clients.
- receives regular CBT-based supervision.

6) *Regular supervision*

CBT Supervision must be occurring at a minimum of once a month. The supervisor must sign off that supervision has been occurring at this frequency.

7) *Client log*

The applicant must provide a Clinical Experience log: (for initial certification only) – briefly documenting 50 client sessions on a spreadsheet (in a de-identified way) e.g. initials; presenting problem; CBT techs used (Supervisor to verify/sign off that these sessions have occurred).

8) *Evidence of CBT adherence*

The supervisor must sign off that they have viewed one recorded (or live) CBT session conducted by the applicant and verify that the applicant adhered to the CBT approach

(i.e. a structured session using specific CBT model, techniques and homework). The supervisor should refer to the items on the Cognitive Therapy Scale-Revised in making this assessment. See <https://pdf4pro.com/view/cognitive-therapy-scale-revised-cts-r-f2d9f.html>

9) *Documentation of cultural supervision and training*

Applicants will need to demonstrate their commitment to working in a culturally affirming way. They must document their access to cultural supervision should they been seeing Māori and or Pasifika clients, and or suitable cultural supervision if the demographics is one of the other diverse cultures or groups. They will need to provide documentation of appropriate Hau Ora training attended, which could include: learning Te Reo; developing understanding of the impact of inherited grief and trauma; dispossession of land and loss of traditional language and cultural practices; loss of traditional cultural roles and status and economic exclusion and entrenched poverty. Cultural training should also cover diversity of gender, sex and sexuality training and consideration of other religious and ethnic groups. This training should occur both within and outside formal CBT training and is expected to be an ongoing part of competence development.

10) *Membership of ANZACBT*

11) *Professional membership of an organisation with clear auditing processes e.g. the nursing council, NZ board of Occupational Therapists, NZAC, DAPAANZ*

Ongoing certification

- 1) The applicant must provide documentation of ongoing CBT training (this can include other evidence-based cognitive behavioural therapies (a minimum of 10 hours of CBT training per year (including cultural training). Training can be online or face to face.
- 2) The applicant must provide documentation of cultural competence training of some sort (at least once every three years). The applicant must provide documentation of regular supervision (at least once a month for 50-60 minutes. Supervisor to at a minimum meet requirements for certification. (Document via a signed form by supervisor; with dates and duration). Peer supervision in a group is acceptable, provided the group are also using CBT as their primary modality.
- 3) Ongoing certification is also provided on the basis of there not being any upheld professional misconduct complaints to the HDC or professional registration bodies.
- 4) There is an expectation that once certified, if clinicians move to working with a different population group, they will ensure they seek appropriate training and supervision.