

Prerequisites for DBT Certification Exam Application

- 1. Required professional degree: minimum of a master's degree or equivalent in a mental health profession.**
- 2. State license or equivalent to practice in the behavioral health field.**

3. Required training in DBT :

Applicants will be expected to have formal training in the principles and practices of DBT. This training may have been obtained via University/Academic Course work, Continuing Education offerings and/or a curriculum-based learning program in DBT given by a certified clinician. This training must be beyond just “case based” supervision. The applicant should describe how s/he obtained this training including names, dates and descriptions of courses and/or a letter verifying attendance, dates of and participation in supervision. An applicant who supervises/teaches these topics to others, such as in a University/Academic setting or as part of Continuing Education offerings may describe his/her teaching experience and verification of employment/participation in such activities as evidence of his/her competency in these areas. Formal training must include the following topics:

A. Bio-Social Theory and Frame work for DBT

B. Validation

C. Dialectics

D. DBT Mindfulness

E. DBT Team

F. Suicide risk assessment/intervention

G. DBT Skills training :

1. Includes understanding and application of principles of acquisition, strengthening and generalization.

2. “In session” teaching as well as “*in vivo*” application.

H. Behavior Therapy including:

1. Skills training/treatment of skills deficits
2. Exposure Based Procedures
3. Cognitive Modification
4. Contingency Management
5. Behavioral Analysis

4. Required DBT clinical practice

A. Two completed cases (may include supervised cases). Cases terminated by “drop out” are not considered “completed”.

B. Teaching and/or participated as a student, including completing all the homework, for all DBT skills modules.

C. 1 year of DBT team membership (Minimum required)

D. Current on-going practice of DBT which includes membership on a DBT team

5. Required DBT supervision

A. Supervision of cases/groups:

1. For the Category of Individual Therapy, the applicant must have at least one supervised case of a completed treatment or a case lasting 12 months or more. Supervision must have been occurring throughout the treatment. Such cases may still be ongoing at the time of application.
2. For the category of Skills Trainer, the applicant must have supervision while leading a skills group. The applicant is expected to perform both the role of “Skills Group Leader” and “Skills Group Co-Leader during the duration of supervision.

B. Supervision is for the duration of the case or, for skills training; completing all skills modules. This supervision should include a minimum of 23 hours, eight of which are

either viewed live or reviewed as audio or audio-visual tapes by the supervisor.

C. Applicant must submit 3 consecutive tapes of the supervised case or course of skills training.

1. One will be randomly selected and it must be adherent to qualify for certification.
2. If the tape does not meet this requirement, applicant may resubmit 3 more consecutive tapes for testing.

6. Required mindfulness practice includes at least one of the following:

A. Attendance at mindfulness retreat or retreats for a total equivalent of 6 days or more (provide dates/description)

B. Regular participation in a practice community (describe).

C. Personal practice (describe)

D. Formal acceptance as a student of recognized mindfulness/Zen/contemplative teacher (letter from teacher).

7. Two letters of recommendation:

- One from the DBT supervisor
- One from a licensed mental health professional who practices DBT

Note: If you are the DBT Supervisor then you will need a letter from your superior or, if you are “the head” of a DBT Program, from a DBT peer/Supervisor of another program...

8. Application