Certification Requirements

A. The candidate must be an active member of the DBTNCAA

B. The candidate must be a State licensed:
   1. Psychiatrist
   2. Psychologist
   3. Social Worker
   4. Therapist
   5. Marriage and Family Therapist
   6. Counselor
   7. Alcohol and Drug Counselor
   8. Psychiatric Nurse
   (Note: this category is meant to be inclusive of all State licensed mental health providers with minimum of a Masters level education)

C. The licensed professional in (B) must:
   1. Be in good standing with the State Board that licenses him/her, including not being on probationary status for any reason.
   2. Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state, or national associations to which he/she is qualified within the past 5 years.
   3. Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic, or other clinical setting) based upon professional malpractice within the last 5 years.
   4. Must have current medical or professional malpractice insurance at a minimum of 1 million dollars per claim/3 million dollars aggregate (individual policy or covered under an agency).

D. The candidate must meet the following education criteria:
   1. Complete a minimum of 18 education hours in DBT including six hours specific to DBT skills training. Examples include but are not limited to:
      a. DBT coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course.
      b. Approved Continuing Education in DBT as documented by certificates of completion.
   2. Complete a minimum of 3 Education Hours in Suicide/Risk Assessment and Intervention. Examples include but are not limited to:
a. Suicide/Risk Assessment and Intervention coursework from an accredited college or university as documented by a copy of a course syllabus and a transcript showing completion of the course.
b. Approved Continuing Education in Suicide/Risk Assessment and Intervention as documented by certificates of completion.

E. The candidate must attest that he/she has read the following:
   1. At least two practitioner books on the practice of DBT (i.e., not texts focused on DBT skills, but focused on DBT as a theoretical orientation)
   2. At least two DBT skills training manuals
   3. The American Psychological Association (APA) policy on the Evidence Based Practice of Psychology (EBPP)

F. The candidate must attest that he/she has conducted a minimum of 500 therapy hours using DBT as primary theoretical orientation with the use of weekly consultation and/or supervision.

G. The candidate must attest to the use of clinical outcome evaluation procedures to monitor and adjust therapy consistent with the APA policy on evidence-based practice.

Documentation of Eligibility and Requirements
   1. A completed application form
   2. A copy of the candidate’s State license
   3. Copies of completion of training as requested in the certification requirements
   4. A signed attestation that the candidate has met all of the requirements to be DBT certified

The DBTNCAA will certify candidates who meet and attest to the above requirements. Certified DBT Therapists will receive a certificate from the DBTNCAA and can use the credentials DBTC to be designated as Dialectical Behavior Therapy Certified. Certified therapists can choose to be listed on our national registry of certified DBT providers.