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# **Introduction**

NM has outlined the qualification standards for use of the specialized rates for the following EBPs.

* Dialectical Behavior Therapy (DBT)
* Eye Movement Desensitization and Reprocessing (EMDR)
* Functional Family Therapy (FFT)
* Multisystemic Therapy (MST)
* Trauma Focused Cognitive Behavior Therapy (TF-CBT)

Information about the qualification entity and the training, consultation, and other requirements for achieving the qualification standards are outlined below. We encourage you to go to the qualification entity website for additional information. For some of the EBPs, New Mexico has also established NM EBP Provisional Qualifications for practitioners that have met minimum training requirements and are actively working toward achieving the full EBP qualification standards.

# **Dialectical Behavior Therapy (DBT)**

## **Qualification Standard**

DBT-Linehan Board of Certification – Clinician or Program

## **Qualification Entity**

https://dbt-lbc.org/

## **Qualification Documentation**

Certificate issued by the DBT-Linehan Board of Certification (DBT-LBC) OR documentation of inclusion n the DBT-Linehan Board of Certification database https://www.dbt-lbc.org/index.php?page=101163

## **Training, Consultation & Additional Requirements for Qualification**

See <https://www.dbt-lbc.org/index.php?page=101120> for more information about the DBT-Linehan Board of Certification requirements and process.

### **Professional Criteria**

* Graduate degree in a MH discipline
* Professional, unrestricted license in a MH discipline

### **Trainer Qualifications**

* Training in DBT that follows the Linehan treatment manual

### **Training**

* Minimum of 40 didactic training hours in DBT that follows the Linehan treatment model. May include workshops, intensive training, graduate courses.
* Read the Skills Training Manual for Treating Borderline Personality Disorder by Marsha Linehan (May 21, 1993) and completed all homework assignments in the manual

### **Clinical Experience**

* Taught all modules of skills training OR taught all DBT skills within individual therapy
* Coached clients on application of skills
* Provided DBT individual therapy through Stage 1 completion to at least 3 clients while they were concurrently enrolled in DBT Skills Group
* 12 months of participation in DBT consultation team

### **Additional Requirements**

* Passing DBT knowledge exam
* Letter of recommendation from Team Leader
* Work product demonstration of 3 videos for adherence coding
* Formal training and practice of mindfulness
* There are additional requirements for DBT-LBC Program Certification, including having a DBT-LBC Certified clinician as Team Lead and review of adherence to program fidelity standards. See <https://www.dbt-lbc.org/index.php?page=101121> for more information.

## **Cost**

* $155 application fee, $270 exam fee, $270 work product review, $95 annual certification maintenance

## **Recertification Expectations**

* Annual certification maintenance based on maintain license, 15 CEUs every 2 years, participating in DBT consultation team, ongoing mindfulness practices

## **Provisional Qualification while Active in State-recognized Training, Consultation & DBT Program Development**

Clinicians who have not yet achieved DBT-LBC Certification but meet the following criteria will be eligible for a NM Provisional EBP Qualification while they develop their DBT programs and complete the requirements for DBT-LBC Certification. They will have 24 months from the date of approval for the NM Provisional EBP Qualification to complete the DBT-LBC Certification Process or reapply for NM Provisional EBP Qualification.

The following DBT Qualifications standards draw from the DBT-LBC expectations and providers are encouraged to use these expectations to prepare for achieving full DBT-LBC Certification. To be eligible for the NM Provisional EBP Qualification, clinicians must meet the following standards:

### **Professional Criteria**

* Graduate degree in a MH discipline
* Professional, unrestricted license in a MH discipline

### **Trainer Qualifications**

* Qualified trainers: must be skilled in the Linehan treatment model as demonstrated by DBT-LBC certification, affiliation with Treatment Implementation Collaborative or Behavioral Tech, or whose qualifications have been reviewed the State identified DBT experts

### **Training**

* Completed or actively participating in a minimum of 40 didactic training hours in DBT that follows the Linehan treatment model, with DBT service provision beginning after initial intensive training and upon the direction of expert trainers / consultants.

### **Consultation**

* Actively participating in expert clinical consultation that includes case review and feedback

through review of work samples such as video, case conceptualization or other assessment of DBT knowledge and skills and program review using the [DBT Program Fidelity Scale](https://dbt-lbc.org/index.php?page=101141) framework.

### **EBP Service Delivery**

* Actively engaged in a DBT Team delivering all components of DBT: DBT skills training group, individual DBT therapy, DBT coaching and participation in DBT consultation team

## **Demonstrating Qualification**

Please complete [The Center of Innovation DBT EBP Provider Qualification Questionnaire](https://centerofinnovationnm.org/ebp-dbt-application/)  to provide documentation of meeting the DBT-LBC Qualification standards or if you have completed some of the DBT training and qualification requirements and would like your qualifications reviewed and feedback about how to achieve the NM Provisional EBP Qualification and DBT-LBC Certification.

## **Quality Assurance Standards for Maintaining Qualification**

TBD