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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 their 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.

# **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

# **Eye Movement Desensitization and Reprocessing (EMDR)**

## **Qualification Standard**

**EMDR Basic Training** OR **EMDR Certification by EMDRIA** (EMDR International Association)

## **Qualification Entity**

<https://www.emdria.org/>

## **Qualification Documentation**

Certificate of completion of EMDR Basic Training Requirements issued by EMDRIA-approved trainer OR an EMDRIA issued certificate of EMDR CertificationOR documentation of listing as a Certified Therapist on EMDRIA EMDR Therapist Directory <https://www.emdria.org/find-an-emdr-therapist/> . Listing MUST include “\*” indicating EMDR Certified Therapist.

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

See <https://www.emdria.org/training-faqs/> and <https://www.emdria.org/emdr-training/certification-faqs/> for more information about EMDRIA approved EMDR Basic Training and EMDR Certification

EMDR Basic Training includes the following requirements.

### **Professional criteria**

* Licensed mental health professional (for details <https://www.emdria.org/eligibility-requirements-for-emdr-training/>) \*Licensed substance abuse counselors not eligible.

OR pre-licensed mental health professional with a master’s degree in mental health field, actively pursuing full license and working under licensed supervisor OR graduate student in practicum / internship position of mental health master’s or doctoral program (EMDR Certification cannot be achieved until fully licensed)

### **Trainer Qualifications**

* Trainers must be EMDRIA approved and practicum leaders and consultants must maintain active status as EMDRIA approved EMDR Consultants or EMDR Consultants in Training working with an approved EMDR Consultant
* Approved trainers can be found at: https://www.emdria.org/find-an-emdr-training/find-an-emdr-training-provider/

### **Training**

* 20 hours of instruction including a history and overview of EMDR, explanation of the EMDR model, methodology and mechanism of EMDR. The EMDR Methodology includes 8 phases: 1) History taking, case conceptualization & treatment planning, 2) client preparation, 3) assessment, 4) desensitization, 5) installation, 6) body scan, 7) closure, and 8) reevaluation.

### **Consultation**

* 20 hours supervised practicum. The goal of the practicum is the demonstration and practice of EMDR in dyads or triads with direct observation and feedback.
* 10 hours consultation including feedback and instruction on case conceptualization, client readiness, target selection, treatment planning, specific application of skills, and the integration of EMDR therapy into clinical practice based on cases.

### **Additional Requirements**

* EMDR Basic training (including instruction, practicum and consultation) must be completed within 12 months from the start date.
* EMDR Basic Training is the standard for a clinician to utilize EMDR therapy in clinical practice.
* EMDR Certification includes the following additional requirements: having a license in a MH profession plus 2 years of experience, completion of least 50 EMDR sessions with at least 25 clients, 20 additional hours of consultation with an approved EMDR consultant within the last 5 years, at least 10 of those consultation hours are individual, letters of recommendation, and 12 hours of EMDRIA continuing education credits.

### **Cost**

* EMDR Basic Training certificates are issued by the EMDRIA-approved trainer and included in training costs. Please note some trainers included the required 10 hours of consultation in the training fee and some charge separately for consultation.
* EMDRIA EMDR Certification has a $150-$350 application fee

### **Recertification Expectations**

* EMDRIA EMDR Certification must be renewed every 2 years. 12 hours of EMDRIA continuing education credits are required every two years.

### **Provisional Qualification while Active in State-recognized Training & Consultation**

Clinicians who have not yet completed EMDR Basic Training but meet the following criteria will be eligible for a NM Provisional EBP Qualification while they complete the requirements for EMDR Basic Training. They will have 12 months from the date of approval for the NM Provisional EBP Qualification to complete the EMDR Basic Training requirements.

To be eligible for the NM Provisional EBP Qualification, clinicians must meet the following standards:

#### **Professional criteria**

* Licensed mental health professional (for details <https://www.emdria.org/eligibility-requirements-for-emdr-training/>) \*Licensed substance abuse counselors not eligible.

OR pre-licensed mental health professional with a master’s degree in mental health field, actively pursuing full license and working under licensed supervisor OR graduate student in practicum / internship position of mental health master’s or doctoral program (EMDR Certification cannot be achieved until fully licensed)

#### **Training**

* Completed or actively participating in 20 hours of instruction with an EMDRIA-approved EMDR trainer. EMDR service provision beginning after initial intensive training and upon the direction of expert trainers / consultants

#### **Consultation**

* Completed or actively participating in 20 hours supervised practicum with an EMDRIA approved EMDR Consultants or EMDR Consultants in Training working with an approved EMDR Consultant.
* Actively participating in 10 hours consultation with an EMDRIA approved EMDR Consultants or EMDR Consultants in Training working with an approved EMDR Consultant

#### **Additional requirements**

* EMDR Basic training (including instruction, practicum and consultation) must be completed within 12 months from the start date.

### **Demonstrating Qualification**

Please complete [The Center of Innovation EMDR EBP Provider Qualification Questionnaire](https://centerofinnovationnm.org/forms/emdr-ebp-provider/) to provide documentation of meeting the EMDR Qualification standards or if you have completed some of the EMDR training and qualification requirements and would like your qualifications reviewed and feedback about how to achieve the NM Provisional EBP Qualification and the full EMDR Qualification. Please note the EMDRIA website states: “The Bodymind Institute, Green Cross Academy of Traumatology, Maiberger Institute, Parnell Institute & PESI do not offer EMDRIA approved EMDR basic trainings.”

Training and consultation opportunities are available at <https://www.emdria.org/find-an-emdr-training/>

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

TBD

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# **Trauma-Focused Cognitive Behavior Therapy (TF-CBT)**

## **Qualification Standard**

TF-CBT Certification by the TF-CBT National Therapist Certification Program

## **Qualification Entity**

<https://tfcbt.org/>

## **Qualification Documentation**

Certificate issued by the TF-CBT National Therapist Certification Program OR documentation of inclusion in the TF-CBT Therapist Certification Program list <https://tfcbt.org/therapists/>

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

See <https://tfcbt.org/certification/> for more information about the TF-CBT certification process

### **Professional Criteria**

* MA degree or above in MH discipline
* Professional license in MH discipline

### **Trainer Qualifications**

* Training must be delivered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program.
* Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.
* Email [**tf-cbt@ahn.org**](mailto:tf-cbt@ahn.org) to verify trainer, consultant, and/or supervisor is qualifications.

### **Training**

Completion of TF-CBT Web 2.0 online training course – 11 hours

* The TF-CBT Web 2.0 is a self-paced, online training course comprised of 11 learning modules that cover the foundations of TF-CBT and the treatment components. Each module includes an explanation of the treatment component, video demonstrations and treatment procedures and techniques, clinical materials and resources. It is a pre-requisite for the TF-CBT training course. Completion of Live TF-CBT two-day (or equivalent over multiple days) training by approved national trainer\* OR Live training in context of approved learning collaborative led by an approved trainer for at least 6 months
  + The training may be in-person or virtual but must be “live,” not pre-recorded. It must be offered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program. The training includes an introduction to the impacts of trauma and training on all components of the model, including trauma psychoeducation, relaxation, affect modulation, cognitive coping, trauma narrative and processing, in-vivo exposures, in vivo exposure and enhancing safety.

### **Consultation**

* Completed participation in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Must have participated in at least 9 of the 12 sessions. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.

### **Additional Requirements**

* Completion of 3 TF-CBT cases with 3 children or adolescents, with at least 2 including participation of caregiver
* Use of standardized instrument to assess progress on each above case
* Passing (80%) TF-CBT Therapist Certification Program Knowledge Test

## **Cost**

$125 application fee documenting having met the training, consultation, and case requirements and $125 to take the TF-CBT Certification Test

**\* Email** [**tf-cbt@ahn.org**](mailto:tf-cbt@ahn.org) **to verify that the trainer, consultant, and/or supervisor are approved.**

## **Recertification Expectations**

Re-certification every 5 years by completing an application and online recertification training modules.

## **Provisional Qualification while Active in State-recognized Training & Consultation**

Clinicians who have not yet achieved TF-CBT Certification but meet the following criteria will be eligible for a NM Provisional EBP Qualification while they complete the requirements for TF-CBT Certification. They will have 12 months from the date of approval for the NM Provisional EBP Qualification to complete the TF-CBT Certification Process.

To be eligible for the NM Provisional EBP Qualification, clinicians must meet the following standards:

### **Professional Criteria**

* MA degree or above in MH discipline
* Professional license in MH discipline

### **Training**

* Completion of TF-CBT Web 2.0 online training course – 11 hours
  + The TF-CBT Web 2.0 is a self-paced, online training course comprised of 11 learning modules that cover the foundations of TF-CBT and the treatment components. Each module includes an explanation of the treatment component, video demonstrations and treatment procedures and techniques, clinical materials and resources. It is a pre-requisite for the TF-CBT training course.
* Completion of Live TF-CBT two-day training by approved national trainer\* OR Live training in context of approved learning collaborative of led by approved training for at least 6 months
  + The training may be in-person or virtual but must be “live,” not pre-recorded. It must be offered by a trainer who is one of the treatment developers or a graduate of the TF-CBT Train-the-Trainer Program. The training includes an introduction to the impacts of trauma and training on all components of the model, including trauma psychoeducation, relaxation, affect modulation, cognitive coping, trauma narrative and processing, in-vivo exposures, in vivo exposure and enhancing safety.

### **Consultation**

* Completed participation in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Must participate in at least 9 of the 12 sessions. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee.

OR

Currently participating in TF-CBT consultation or supervision 2x per month for at least 6 months or 1x month for at least 12 months. Consultation must take place within 2 years of participation in the 2-day training. Consultation must be provided by a treatment developer or graduate of the TF-CBT Train-the-Trainer Program OR graduate of the TF-CBT Train-the-Supervisor Program. Supervisors must be employed at the same agency as the trainee. If at least 9 consultation calls were not completed in the original call group, the clinician must restart and participate fully in a new 12 session consultation group.

## **Demonstrating Qualification**

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

Training and consultation opportunities are available on <https://tfcbt.org/training/>

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

TBD