

# Maintenance of Certification Requirements



Feeling Good Institute (FGI) certification program honors the achievements of individuals who achieve initial certification as a TEAM Therapist. We believe that maintenance of TEAM Therapy skills requires ongoing training and practice. Thus, re-certification as a TEAM Therapist requires meeting the following standards during each 5 year period.

**Level 1 TEAM Therapist:** No requirements for ongoing certification. Certification does not expire.

**Level 2 TEAM Therapist:** No requirements for ongoing certification. Certification does not expire.

**Level 3 Advanced TEAM Therapist:** Certification is valid for 5 years from date of approval.

After 5 years, to remain Level 3 certified, *either*:

1.) document steps taken toward advancing to Level 4

*or*

2.) meet requirements a. *and* b. listed below:

a.) Submit Brief Mood Survey (BMS) and Evaluation of Therapy Session (ETS) forms for 5 patients (2 sessions per patient)

b.) Document completion of one of the following 4 requirements:

i. 6 CE/CME home study course

ii. Single day workshop hosted by Feeling Good Institute or led by Dr. Burns, MD

iii. 4 hrs of 1:1 training with a TEAM Trainer (live or via video-based technology)

iv. 25 hrs of attending a TEAM Training group led or supervised by a Certified TEAM Trainer

**Level 4 Advanced TEAM Therapist & Trainer:** Certification is valid for 5 years from date of approval.

After 5 years, to remain Level 4 certified, *either*:

1.) document steps taken toward advancing to Level 5

*or*

2.) meet requirements a. *OR* b. listed below:

a.) participate in a minimum of 50 hrs (equivalent of 10 hrs per year) of engaging in the provision of paid or unpaid training activities (e.g., providing 1:1 consultation or supervision, teaching workshops in the provision of TEAM therapy, leading a training group, administering Level 3 exams, teaching a TEAM therapy course for a graduate school program).

b.) receive a minimum of 5 hrs (equivalent of 1 hr per year) of case consultation/training from a Master Clinician in TEAM Therapy

**Level 5 Master Clinicians and Trainer:** Certification is valid for 5 years from date of approval.

After 5 years, to remain Level 5 certified, document:

1.) administration of two Level 3 exams per year (approx. 4 hours per year)

*and*

2.) participation in a minimum of 30 hrs (equivalent of 6 hrs per year) of engaging in the provision of paid or unpaid training activities (e.g., providing 1:1 consultation or supervision, teaching workshops in the provision of TEAM therapy, leading a training group, teaching a TEAM therapy course for a graduate school program).

**Re-certification Process:** FGI will contact you, via email, to notify you of your re-certification deadline (5 years after your last approval date). At that time, please submit documentation meeting the above requirements.