

Certification Requirements

	Units* Required	Additional Requirements	Application fee (USD)
Level 1	12	None	\$50
Level 2	24	<ol style="list-style-type: none"> 1. Use of the Brief Mood Survey (BMS) and Evaluation of Therapy Session (ETS) forms with 3 patients (2 sessions per patient). Submit de-identified original forms. 2. Purchase Therapist Toolkit and Therapist E-book. Read E-book in entirety. (These materials are sold by David Burns, MD, not FGI. To purchase: www.feelinggood.com) 	\$200
Level 3	12	<ol style="list-style-type: none"> 1. Completion of either: <ol style="list-style-type: none"> a. Level 3 exam preparation course (21 CE), <i>or</i> b. Minimum 4 hours of 1:1 exam preparation sessions with a Level 4 or 5 Trainer. 2. Passing an oral exam (i.e., role-play based skills exam that demonstrates all key components of TEAM-CBT). Endorsement of readiness is required, from a Level 4 or 5 Trainer, prior to scheduling the exam. 3. Use of the Brief Mood Survey (BMS) and Evaluation of Therapy Session (ETS) forms with 5 patients (2 sessions per patient). Summarize scores on “BMS/ETS Summary” form at time of application. 	\$200
Level 4 Trainer	NA	<ol style="list-style-type: none"> 1. Learn to provide TEAM-CBT 1:1 consultation, either: <ol style="list-style-type: none"> a. 40 weeks of “Advanced Consultation Group” focused on learning skills of TEAM-CBT consultation (exclusively for Levels 3+; taught through FGI), <i>or</i> b. 14 hours of 1:1 Training with a Level 5 Trainer; Must follow specific guidelines (request from angela@feelinggoodinstitute.com) whereby the trainee acts in the role of consultant on cases. 2. Learn to lead TEAM-CBT training groups, choose one: <ol style="list-style-type: none"> a. 24 weeks (minimum) co-leading a training group with a Level 4 or 5 trainer, <i>or</i> b. Teach a 12-week structured curriculum with supervision from a Level 5 TEAM trainer (requires 6 one-hour meetings; supervisor must observe at least one group meeting), <i>or</i> c. Teach a 12-week structured curriculum with supervision from “Train the Trainers Group” (Currently offered free via FGI. Contact: jill@feelinggoodinstitute.com) 3. Endorsement of readiness from two Level 5 Trainers. 	\$100
Level 5 Master	NA	Level 5 Master Clinicians and Trainers are selected for their demonstrated proficiency in Training Skills, Clinical Skills, Interpersonal Skills & Community Building. Request application process and criteria from FGI.	No fee

*to calculate “units” for trainings attended, please see [Certification Units Table](#)

Feeling Good Institute R2019. Requirements are subject to change.

Apply online at www.feelinggoodinstitute.com/certification

Sign-up for trainings at www.feelinggoodinstitute.com/training