

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 the Certification Units Table

Certification Units Table

Feeling Good Institute R2019. Requirements are subject to change.

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

All TEAM-CBT trainings provided by David Burns, MD or a Level 4 or 5 Trainer count toward certification. Locate the type of training you attended on the table. Next, determine the number of units received. Refer to the Certification Requirements table to determine number of units required for each certification level prior to applying.

Type of Training	Examples	Units Awarded per Training Hour	Examples of Units
Workshop/Course/Webinar	<ul style="list-style-type: none"> - CE workshops - Didactic-based training - CE based home study course - Structured curriculum (e.g., 12 week overview curriculum) 	1 hour = 1 unit	1hr webinar = 1 unit 6hr CE workshop = 6 units 24 hr (12 week) structured curriculum = 24 units
Large Group Training	<ul style="list-style-type: none"> - Tuesday group at Stanford and similar groups - Any other group of 5+ members that combines didactic, case consultation, role play, and personal work 	4 hours = 1 unit	2hrs training group = .5 unit 24hrs of training group = 6 units
Small Group Training	<ul style="list-style-type: none"> - Small group (2-4 people) that combines didactic, case consultation, role play, and personal work 	2 hours = 1 unit	2hrs of small group time = 1 unit
Individual (1:1) Training with a Level 4 or 5 Trainer	<ul style="list-style-type: none"> - Can be used for case consultation or practice/role plays 	1 hour = 3 units	1hr with a trainer = 3 units 4hrs with a trainer = 12 units

For Requirements, please see the Certification Requirements Table

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