

Certification Units Table

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 Ex: 6hr CE workshop = 6 units Ex: 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 units Ex: 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 Ex: 4hrs with a trainer = 12 units

For Requirements, please see the Certification Requirements Table

Feeling Good Institute R2021. Requirements are subject to change.

Apply online at www.feelinggoodinstitute.com/certification

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