

## ISST APPROVED CERTIFICATION IN GROUP SCHEMA THERAPY REQUIREMENTS 2018

This proposal was prepared by the work group appointed by the board in 2010, which was made up of certified advanced schema therapists with strong training and experience in conducting group schema therapy. The training requirements must follow the approved curriculum for Group ST (Farrell, Reiss, Shaw, Zarbock, 2012).

| CERTIFICATION LEVEL  | REQUIREMENTS   |
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| <p><b>STANDARD LEVEL</b></p> <p>This level is open to candidates eligible for traditional ISST certification and also to those in <b>related mental health professions</b> who are able to practice schema therapy with supervision. This category would allow <b>1. practice as a co-therapist in a ST group</b> with an Adv. Level certified group therapist and allow them to <b>2. act as lead facilitators in groups being offered within their professional discipline</b> that are consistent with the goals and strategies of ST (e.g., an art therapist leading an Art therapy group in the ST model)</p> | <ol style="list-style-type: none"><li>1. A minimum of 12 hours of Introduction to general Schema therapy. This requirement can be met by attending introductory workshops offered by ISST certified trainers.</li><li>2. A minimum of 24 hours of training in ST focused on application to groups:<ol style="list-style-type: none"><li>a. 12 hours didactic (theory, interventions, limited reparenting, core components of ST)</li><li>b. 12 hours dyadic/role-play training (6 hours must be Self therapy in a group)</li></ol></li><li>3. 20 hours of supervision in Group ST</li><li>4. Competency evaluation: 1 videotaped group session that achieves a score of 4.0 (1 to 6 scale) on the Group Schema Therapy Competency Rating Scale (GSTCRS)</li><li>5. Practice of ST: minimum of 20 group ST sessions</li></ol> |

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| <p><b>ADVANCED LEVEL GROUP</b><br/>After you have completed a Standard Level Group ST Training program</p> <p>If you have been certified in <b>Individual ST</b>, see Standard level Group certification item 1c for the credit you will be given for the Standard level didactic training and supervision hours on the ST model that you have completed.</p> | <ol style="list-style-type: none"> <li>1. You must have completed the Group Standard Level training program.</li> <li>2. 18 hours of Advanced Training in Group ST following the established curriculum (at least 50% is Group role play practice).</li> <li>3. Complete 20 additional hours of supervision in Group ST. Both Individual supervision and supervision with your co-therapist count as one hour per hour of supervision. Supervision in a group format: each co-therapist pair counts as 1, then use the individual ST certification chart for credit. <i>(If you are Advanced level certified in individual ST you are given 6 hours of supervision credit toward this requirement, leaving 14 additional hours of GST to complete for Advanced level Group certification.)</i></li> <li>4. Competency evaluation: two videotaped sessions of the same group must achieve a score of at least 4.5. Rated by two different Certified Group ST independent raters. <i>(In the first years of group certification exceptions will be made in the case of limited supervisor availability. Please ask for this exception before you have ratings done by emailing the ISST T&amp;C Coordinator.)</i></li> <li>5. <b>Practice:</b> conduct a minimum of 40 group sessions (can be one group of 40 sessions or two shorter groups)</li> </ol> |
| <p><b>CONTINUING EDUCATION</b></p>  | <p>6 hours every 2 years: self-study, self-therapy, advanced supervision, attend ST workshops in the Group ST area</p>   |

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| <b>TRAINER/SUPERVISOR<br/>LEVEL GROUP ST</b>  | 1. Advanced certification in Group ST has been completed.<br>2. At least Standard level certification in Individual ST has been completed.  |
| <b>TRAINING IN SUPERVISION</b>  | 3. Current requirement is attendance at Supervision Webinar. Additional requirements To be determined.<br>4. 2019 on – must attend additional Supervision training offered by ISST.   |
| <b>PRACTICE REQUIREMENT</b><br>In addition this practice requirement must be met:   | 5. Three years of leading Group ST: must include at least 6 months of a PD group combined with more PD experience or a combination of Axis I groups. This can be met with one 6 month PD group plus a number of shorter groups that reach a year in total.  |
| <b>ONGOING EVALUATION</b><br>To maintain Trainer/Supervisor certification one of the two evaluation options must be completed bi-annually   | 6. Anonymous evaluation by supervisees when they accomplish certification. On a 0-6 scale, average rating must be 4<br>or<br>7. Lead a training workshop that is evaluated at mean of 4 out of 6<br><i><b>(this requirement begins for 2014-2016)</b></i>   |
| <b>CONTINUING EDUCATION</b>   | 8. 6 hours every 2 years <i><b>(this requirement begins for 2014-2016)</b></i>  |
| <b>GROUP ST<br/>TRAINING PROGRAMS</b>   | Certification requirements in Group ST must be met in an ISST approved Group ST Training Program, which meets parallel requirements to those for the current certification as an individual training program.<br>The model of Group ST used must be consistent theoretically with the model of ST. It must have a published manual and at least one pilot study demonstrating adequate effectiveness. In cases of disagreement Jeff Young will be asked to make this determination. In the case of further disagreement the 3Cs committee can also review the case.<br>The content of the program must follow the curriculum approved for Group ST. For training hours to count toward certification (other than by grandfathering) it must take place in ISST approved Group ST training programs. As with individual certification, applicants may follow an independent program that combines modules of the official Group ST curriculum taken at any approved Group ST Training program. |
| <ul style="list-style-type: none"> <li>• An approved curriculum for group ST has been developed by Farrell, Shaw, Zarbock, Reiss, and Zens.</li> <li>• A competency rating scale for GST was developed by Zarbock, Farrell, Reiss and Arntz with various graduate students and it is in the process of being formally validated as a joint effort of Maastricht and Murdoch Universities.</li> </ul> <p><i>All training hours are 60 minute “clock” hours, with lunch and breaks excluded. Supervision hours are at least 50 minutes in length.</i></p> |   |

Original Submission JMF/01/14/2013, APPROVED BY ISST EXECUTIVE BOARD 2-19-13  
REVISION 1 SUBMITTED AND APPROVED 6-2-2013; FINAL REVISION SUBMITTED 10-15-2013  
Updated 3-23-17 to remove grandparenting conditions, self-practice changed to 6 hrs.