

## 2019 ISST Minimum Certification ST-CA Training Requirements: “Schema Therapist for Children and Adolescents” (ST-CA)

(To understand this chart, please be sure to read the explanations below the table.)

Type of Requirement	Standard Certification (ST-CA):	Advanced Certification (ST-CA)
Didactic Hours	33 hours (each 60 min)	33 hours total (no additional hours after completion of Standard Certification)
Dyadic Hours	15 hours (each 60 min)	15 hours total (no additional hours after completion of Standard Certification)
Individual Case Supervision	20 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)	40 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see below)
Self-Therapy as part of case supervision (Recommended, Optional)	Max. of 3 sessions out of 20 can be primarily self-therapy	Max. of 6 sessions out of 40 can be primarily self-therapy
Group Case Supervision	Up to 25% “group converted” minutes (see Notes below table)	Up to 25% “group converted” minutes (see Notes below table)
Peer Supervision	<b>Highly Recommended</b>	<b>Highly Recommended</b>
Minimum Number of Cases Treated with ST	Minimum of 2 cases, at least 25 therapy hours each*	Minimum of 4 cases, at least 25 therapy hours each*-
Minimum Number of Patient Sessions; (at least 45 minutes each)	80 sessions incl. work with parents	160 sessions incl. work with parents
Duration of Supervision	At least 1 year	At least 1 year
Session Competency Ratings of Patient	1 session with child or adolescent younger 16 (not parent), with minimum STRS-CA score of 4.0**	2 sessions with child or adolescent younger 16 (not parent), with minimum STRS-CA score of 4.5**

\* Contra indication: acute life threatening disorders (like suicidality, short weight etc.)

\*\* One additional session with parental caregivers is needed (without rating scale)

## **From 2020 on :**

### **Requirements to be certified at Standard and/or Advanced Levels in ST-CA:**

Psychotherapists eligible for certification in ST-CA must prove that - prior or during their training in ST-CA - they have acquired special knowledge and qualification in CBT, Psychodynamic or other specific training in Psychotherapy for children, adolescents and families, **according to legislation or rules in their country**. This can be given by

- a CBT, Psychodynamic or other specific training in Psychotherapy designed especially for work with children, adolescents and families

- or a special qualification on top of general or adult CBT, Psychodynamic or other specific training in Psychotherapy allowing to work with children, adolescents and families

- or as an alternative, a minimum of 3 years professional practice in the field of CBT, Psychodynamic or other specific Psychotherapy with children, adolescents and families.

*Exemption: therapists already certified at standard ST-CA level before 1<sup>st</sup> July 2019, who are currently on their way to become an advanced ST-CA therapist, are granted to reach the advanced level according to the previous rule: plus 5 additional supervision sessions, not 20 additional.*

### **Requirements to be certified at Trainer-Supervisor Level in ST-CA:**

The highest level of certification in Schema Therapy is the Trainer-Supervisor level. For the certification as **Trainer-Supervisor** a person needs to be certified at the Advanced level and have completed the Trainer-Supervisor Webinar or in person seminar. The Webinar is offered about three times a year by the ISST Training Coordinator in English and also by other Trainers approved to offer this training live in various countries and languages.

### **To be certified as Trainer-Supervisor in ST-CA a therapist must meet the following requirements**

1. Minimum of 3 years working experience in ST-CA
2. Additional 24 hours in further ST-CA Workshops (must: ST with BPD, optional: ST with NPD, ST with couples, "Overcoming the Detached Protector", or similar workshops, on request)
3. Experience as a co-trainer in at least 2 workshops (min. 12 hours each) on ST-CA topics.
4. Self-therapy: Minimum one day or 6 hours in a group therapists.
5. Min. 5 additional single supervision hours, including an additional video session with child or adolescent younger 16 (not parent), with minimum STRS-CA score of 4.5

In addition, common national criteria to obtain the status "Supervisor" must be fulfilled, as formulated by professional legislation or regulations by local professional associations. This could mean:

- Minimum of 5 years listed and working as a licensed psychotherapist for CA after final psychotherapy graduation (i.e., “Approbation” in Germany, State Licence in the US, registration with the Health Service in the UK or in the Netherlands);

or

- currently working as a supervisor for CA psychotherapy at a training school for psychotherapy that is accredited by the government or any other legal body responsible according to national law, or working as a supervisor for CA at a university, teaching and supervising post-graduates in psychotherapy, or acknowledged supervisor for CA with a supervisor certificate from the chamber of psychotherapists or a national professional association of psychotherapy.

or

- teaching experience in psychotherapy in general for three years, with at least three workshops or presentations within three years before application. This includes at least two ST specific work samples with CA, like workshops, lectures, already doing supervision with ST CA cases, having written book chapters, co-authorship of journal articles. Further material showing teaching experience in ST with CA can be evaluated individually on request.

**In countries without licensed training in psychotherapy, exemptions are possible (on request)**

## ***Important Explanations & Notes***

### **Explanation of the 2 Certification Levels**

1. Standard International Certification: Therapists at this level are certified to practice schema therapy, participate in outcome studies, and to train or supervise other therapists at a basic level only with the supervision of an Advanced level Trainer-Supervisor within an approved training program. They are not qualified to run a training program, rate sessions, or offer supervision.

2. Advanced International Certification (with T-S-Status): Therapists at this level are certified to treat all patients, participate in outcome studies, and to apply for certification as a supervisor/trainer.

### **Converting Group Supervision Hours to Individual Supervision Hours**

We have worked out a (complicated) system for converting group supervision hours into individual supervision hours (applies to supervision groups with 2 to 6 members). The basis of the conversion is that we voted to consider 3 group hours (180 minutes) with 6 members in the group, to be approximately equivalent to 1 individual supervision “hour” (50 minutes).

For example, if a group has 6 trainees, then we assume that each group member gets 1/6 of the group time. Thus, if the group is 2 hours long (120 minutes), then each member gets 20 minutes of *direct* supervision time in the group. This is equivalent to 20 minutes of individual supervision time. The remaining 100 minutes is spent observing the supervision of other group members.

We have decided (by voting) that the time spent *observing* supervision of another member is equivalent to 20% of the time spent receiving supervision on one's *own* cases. Thus the 100 minutes observing others is equal to 20 individual supervision minutes (20%).

**Using this formula, the chart below allows you to compute the number of supervision credits for each size of group.**

**For each 60 minutes of group supervision time:**

2 trainees in group = 36 minutes of credit

3 trainees in group = 28 minutes of credit

4 trainees in group = 24 minutes of credit

5 trainees in group = 22 minutes of credit

6 trainees in group = 20 minutes of credit

(60 minutes of individual supervision = 60 minutes of credit)

**Approved Certification CA Training Programs / Content**

**Didactic Hours (60 min): 33 / Didactic Curriculum:**

- Schemas, Coping Styles, and Modes: Defined and Differentiated
  - Assessment for Children and Parents: including interviews, imagery, and inventories
  - Linking Schemas with Early Childhood Experiences
  - Developmental and Temperamental Factors
  - Conceptualizing a Case in Schema Terms
  - Treatment Formulation – Clarifying Goals & Needs in Schema Terms
  - Schema Change: including Schema Dialogues, Emotion-Focused Chair Work
  - Use of Imagery, Limited Re-Parenting, Empathic Confrontation, Limit-Setting, Flashcards, Diaries, Confronting Maladaptive Coping Modes and Punitive and Demanding Critic Modes, Therapy Relationship Work (including the appropriate use of self-disclosure) Role-Plays, Cognitive Strategies, Behavioral Strategies, and Homework
  - Schema Mode Work with ADHD, ADD, DBD (CD, ODD), OCD, Anxiety disorder, and other typical psychic disorders of childhood and youth
  - Schema Therapy for Caregivers/Parents (Schema Coaching, Systemic Schema Therapy)
- Reading: Reinventing Your Life / Schema Therapy: A Practitioner's Guide and other ST books. Other Reading Materials offered by the Training Program institution.

**Dyadic Hours (60 min): Minimum 15 Hours / Dyadic Curriculum:**

- Whole group or “fishbowl” exercises are encouraged and can count towards as much as 2 hours of the dyadic requirement, as long as the whole group is participating in the practice. Whole group exercises can be a great way to demonstrate strategies in preparation for the dyadic practice.

- Dyadic Practice: Therapists pair up and take turns (approximately 30 minutes each direction) in the role of patient and therapist. If the group is large, and supervisors are scarce, a third person may act as the observer/coach. But - the observer should only be in that role one time so as to maximize practice opportunity.
- Dyadic practice exercises must include: Limited Re-Parenting with Child modes, especially with the Vulnerable and Angry Child Modes; Psychoeducation through Drawings, Hand and/or Finger Puppets, Chair Dialogue, Inner House; Audio Flashcard, Confronting the Detached Protector Mode, Confronting the Punitive (Demanding) Modes, the Use of Empathic Confrontation, Imagery, Limit Setting, and Therapy Relationship work.
- Therapists Schemas: Dealing with obstacles in treatment when therapists' schemas become activated with certain types of patients and their parents.

While there is no standard for the didactic portion of a certification program, meaning that you may have 30-40 participants in the room with one certified trainer facilitating the didactic part, we are proposing that there be a minimum of 1 trainer for every 20 participants (optimally 1 trainer for every 10 participants) in the dyadic role-play portion of the program. We know this is challenging in some countries where the number of available advanced schema therapists is still growing.

But perhaps in these cases, offering separate consecutive dates for smaller group training to cover the dyadic role play might adequately help meet this requirement. It is one of the most important aspects of the training program for learning the model, in addition to personal and group supervision, and therefore requires that advanced schema therapy supervisors be available to guide and coach the dyadic practice exercises.

## **Supervision and Session Ratings:**

### **20 Hours – Standard or 30 hours Advanced**

- All supervision should include supervisees looking at their own schema activation in the context of their work with patients.
- Additional self-therapy should be encouraged when needed and should be related to counter-transference issues in treatment.
- STRS-CA – what will be expected for final rating of tapes
- Comprehensive use of the case conceptualization forms / case summaries
- Prerequisites for Schema Therapy – (Assessing contextual “road blocks” like limited finances, limited access to patient, blending other therapies, suicidal tendencies, crisis intervention, medication evaluations.)
- Respectfully providing positive and negative feedback to candidates
- Handling obstacles related to schema activation in supervision
- Confronting avoidance and detached protector modes w/supervisees
- Implementing role plays with candidates
- Use exercises from training program to help trainees “experience” their own schema triggering and maladaptive modes.
- Emphasis on mode work

## **Final Tape Ratings**

**In some programs supervisors view additional 2 recorded sessions during supervision before the final one is submitted.**

1. Session ratings will normally be provided by the institution offering the training program. However, each final rating session must be rated by an independent ST-CA Certified Trainer-Supervisor other than the trainee's supervisor(s) or trainer, and by someone who is relatively unfamiliar with the trainee on a personal level.
2. The STRS-CA is still a pilot scale, as are the cut-off scores. We expect to refine the STRS-CA and cut-off scores over the next 1 or 2 years based on research data.
3. In addition to the required 4.0 (standard) and 4.5 (advanced) minimum required score –a candidate must receive individual ratings of no less than 4.0 on items 6-9 on the STRS-CA.

Definition of “independent rater” for the STCRS ratings required for certification. In the ISST Executive Board Meeting 5-28-2013 a clarification of the independent rater was defined as being an ISST certified Supervisor/trainer who is not the director of the applicants training program, a supervisor or a trainer–didactic or role-play portions. We realize that there will be situations where this definition cannot be met completely—for example, a country with only one training program or very limited number of certified supervisor/trainers, forensic settings with limitations regarding taping or the removal of tapes from the institution. In those situations, please write to the ISST training coordinator to request an exemption.