

Level	Fee (USD)	<p style="text-align: center;">Feeling Good Institute Certification Requirements</p> <p style="text-align: center;">Please review the Units Table for calculating training units before submitting</p>
1	\$50	Training Units Required – 12 units
2	\$200	<ol style="list-style-type: none"> 1) Training Units Required – 24 units (in addition to Level 1 units) 2) 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 to certification@feelinggoodinstitute.com. You can also submit through the application. 3) Purchase Therapist Toolkit. Purchase Deliberate Practice of TEAM-CBT or Therapist E-book. Signed application affidavit certifying E-book or Deliberate Practice of TEAM-CBT has been read in entirety. (Toolkits and E-book are sold by David Burns, MD, not FGI. To purchase: www.feelinggood.com)
3	\$300	<ol style="list-style-type: none"> 1) Training Units Required – 12 units (in addition to Level 1 and 2 units) 2) Completion of either: <ol style="list-style-type: none"> a. Fast Track to Level 3 Course, or b. Minimum 4 hours of 1:1 exam preparation sessions with a Level 4 or 5 Trainer. 3) Passing an oral exam (i.e., role-play based skills exam that demonstrates all key components of TEAM-CBT). 4) Use of the Brief Mood Survey (BMS) and Evaluation of Therapy Session (ETS) forms with 5 patients (2 sessions per patient). Submit de-identified original forms to certification@feelinggoodinstitute.com. You can also submit through the application.
4	\$100	<ol style="list-style-type: none"> 1) Training Units Required – N/A 2) 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 with a minimum of 6 sessions of leading consultation (exclusively for Levels 3+; taught through FGI), or b. 14 hours of 1:1 Training with a Level 5 Trainer; Must follow specific guidelines (request from certification@feelinggoodinstitute.com, whereby the trainee acts in the role of consultant on cases). 3) 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, or 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), or c. Teach two 12-week structured curriculum with another Level 3 clinician with supervision from a Level 5 TEAM trainer (requires 6 one-hour meetings; supervisor must observe at least one group meeting), or d. Teach a 12-week structured curriculum on your own with supervision from “Train the Trainers Group” (Currently offered free via FGI. Contact: admin@feelinggoodinstitute.com for the list). 4) Learn to incorporate Diversity, Equity, and Inclusion (DEI) content into TEAM-CBT training (8 hour free course provided annually by FGI). 5) Endorsement of readiness from two Level 5 Trainers.

5	\$0	1) Training Units Required – N/A 2) 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.
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*To calculate “units” for trainings attended, please see the [Certification Units Table](#), (also located on our Certification page below).

Requirements are subject to change.

Apply online at <http://www.feelinggoodinstitute.com/certification>. Sign-up for trainings at www.feelinggoodinstitute.com/for-cbt-therapists/training-consultation-groups.

Anti-Discrimination Statement

Feeling Good Institute stands against discrimination. We believe in acceptance, inclusion, and equality. Discrimination against people based on identify status (e.g., race, ethnicity, gender identity, sex, sexual orientation, ability status, country of origin, religion) is harmful and not tolerated. We understand the need for formative feedback and learning, thus we will make every effort to invite community members to humbly learn and grow when missteps occur. Hate speech, discriminatory practices, or harmful interventions (defined by clinician’s governing board) may result in removal from this training opportunity. This includes public statements or behaviors made outside of the trainings. I/we maintain the right to deny or revoke access to this training space if safety of the community cannot be maintained because of a person causing harm to others. In the case that this policy is invoked, we will follow guidelines to offer a learning opportunity and then determine whether safety of the community can be maintained or if the person will be removed from the training space. Guidelines include steps such as talking with the person, providing opportunities to learn (e.g., addressing the harm, renouncing a problematic statement or behavior), and consulting with other trainers.