



Maintenance of Certification Requirements

Feeling Good Institute (FGI) certification program honors the achievements of individuals who achieve initial certification as a TEAM-CBT Therapist. We believe that maintenance of TEAM Therapy skills requires ongoing training and practice. Thus, re-certification as a TEAM-CBT Therapist requires meeting the following standards during each 3 year period.

Level 1 TEAM Therapist: No requirements for ongoing certification. Certification does not expire.

Level 2 TEAM Therapist: No requirements for ongoing certification. Certification does not expire.

Level 3 Advanced TEAM Therapist: Certification is valid for 3 years from date of approval.

After 3 years, to remain Level 3 certified:

Meet requirements a. and b. listed below:

- a.) Submit Brief Mood Survey (BMS) and Evaluation of Therapy Session (ETS) forms for 5 patients (2 sessions per patient)
- b.) Document completion of one of the following 4 requirements:
 - i. 6 CE/CME home study course in TEAM-CBT
 - ii. Single day workshop hosted by Feeling Good Institute or led by Dr. Burns, MD or other TEAM-CBT trainer
 - iii. 4 hrs of 1:1 training with a TEAM-CBT Trainer
 - iv. 25 hrs of attending a TEAM-CBT Training group led or supervised by a Certified TEAM Trainer

Level 4 Advanced TEAM Therapist & Trainer: Certification is valid for 3 years from date of approval.

After 3 years, to remain Level 4 certified:

Participate in a minimum of 30 hrs (equivalent of 10 hrs per year) of engaging in the provision of paid or unpaid training activities (e.g., providing 1:1 consultation or supervision, teaching workshops in the provision of TEAM-CBT therapy, leading a training group, administering Level 3 exams, teaching a TEAM-CBT therapy course for a graduate school program, leading small break out groups).



Level 5 Master Clinicians and Trainer: Certification is valid for 3 years from date of approval.

After 3 years, to remain Level 5 certified:

Document participating in a minimum of 30 hrs (equivalent of 10 hrs per year) of engaging in the provision of paid or unpaid training activities (e.g., providing 1:1 consultation or supervision, teaching workshops in the provision of TEAM-CBT therapy, leading a training group, administering Level 3 exams, teaching a TEAM-CBT therapy course for a graduate school program).

Re-certification Process: FGI will contact you, via email, to notify you of your re-certification deadline (3 years after your last approval date). At that time, please submit documentation meeting the above requirements.