



Building the Future of CBT

National Association of Cognitive-Behavioral Therapists

102 Gilson Avenue
Weirton, WV 26062
(800) 853-1135 Fax: (304) 723-3982

Dear Colleague,

Thank you for your interest in the NACBT's **Diplomate in Cognitive-Behavioral Therapist** (DCBT) credential. Enclosed, please find your application.

Please note two things. First, certification is effective for five (5) years. To re-certify, a member must submit at the end of the five years proof of continuing education received during the five-year certification period. The total number of required contact hours for the five years is twenty-five (25). If a member fails to meet the continuing education requirements at the end of the five-year certification period, he or she must pass the certification examination to re-certify.

Second, an updated diploma will be forwarded yearly upon the NACBT's receiving the annual re-certification and membership fees.

We look forward to receiving your application.

Rationally yours,

Aldo R. Pucci, DCBT
President, NACBT

Mailing Address: P.O. Box 2195, Weirton, WV 26062

E-Mail: nacbt@nacbt.org Web Site: www.nacbt.org

The National Association of Cognitive-Behavioral Therapists
P.O. Box 2195, Weirton, WV 26062

Application for NACBT Diplomate

The National Association of Cognitive-Behavioral Therapists

The NACBT was founded to promote the practice of cognitive-behavioral psychotherapies. The Association also functions to support cognitive-behavioral therapists through continuing education and networking.

We recognize the need for national certification of cognitive-behavioral therapists. It has become quite fashionable to consider oneself a cognitive-behavioral therapist. This trend has led to the unfortunate circumstance of many therapists *identifying* themselves as cognitive-behavioral therapists despite minimal training and / or experience in the treatment approach. Therefore, the NACBT has determined standards of training and clinical experience in the field of cognitive-behavioral therapy to help insure that quality treatment is provided.

By applying for Diplomate Status with the NACBT you are requesting recognition as a mental health professional whose understanding of CBT Principles and experience in the effective and skillful provision of CBT Psychotherapy are matched only by a dedication to the teaching and promotion of sound CBT principles.

Requirements For NACBT Diplomate Status

Mental health professionals, regardless of specialization, who professionally qualify are permitted to apply for the credential of "Diplomate in Cognitive-Behavioral Therapy." *The following criteria are required for certification:*

- A. Masters or doctoral degree in psychology, counseling, social work, psychiatry, or related field from a regionally accredited university.
- B. Ten years of post-graduate experience at providing cognitive-behavioral therapy. This experience must be verified by a supervisor or supervisors.
- C. Three letters of recommendation from mental health professionals who are familiar with the applicant's cognitive-behavioral skills.
- D. Successful completion of a certification program (all levels) in cognitive-behavioral therapy that is recognized by the NACBT, such as Rational Emotive Behavior Therapy, Rational Behavior Therapy, Rational Living Therapy, or Cognitive Therapy.

Maintenance Of Diplomate Status

- A. Certification is effective for five (5) years. To re-certify, a member must submit at the end of the five years proof of continuing education received during the five-year certification period. The total number of contact hours for the five years is twenty-five (25). If a member fails to meet the continuing education requirements at the end of the five-year certification period, he or she may take the

certification examination to re-certify.

An updated diploma will be forwarded yearly upon the NACBT's receiving the annual re-certification fee. The Association provides several avenues to obtain continuing education, including seminars throughout the USA and audio-taped lectures.

- B. Diplomates must publish one article every year that is closely related to CBT. This can include submitting an article for publication in the NACBT's quarterly newsletter, *Rational News*.
- C. Diplomates must serve as an Associate on the NACBT Advisory Board and must exercise their voting privilege with the board.

Membership in the NACBT

Successful applicants automatically join the NACBT. Benefits of NACBT membership include a quarterly newsletter, updates, a yearly national conference, workshops throughout the year, and inclusion in our National Referral Database System.

Schedule of Fees

Diplomate Application Fee	\$175.00
(Includes \$25.00 for Annual NACBT Membership. Currently active NACBT members pay \$150.00)	
One (1) Year Re-Certification Fee & Membership Dues (After the first year).....	\$50.00

Denial of Diplomate Status

Any candidate who is denied Diplomate Status will receive a letter indicating the reason(s) and suggestions to rectify any deficiency. Those who wish to challenge denial may appeal the determination.

Refund Policy

Application fees are refunded if an application is denied. There will be no other refunds except for denial. No exceptions.

NACBT Code of Ethics

The National Association of Cognitive-Behavioral Therapists is adamant that its members adhere to the highest of professional standards. The Association reserves the right to suspend or revoke Diplomate Status when, in it's judgement, a member has violated the NACBT code of ethics.

All members of the NACBT:

- (1) Strictly adhere to the ethical guidelines of their profession (i.e., American Psychological Association, American Counseling Association);
- (2) Practice within the scope of their knowledge;
- (3) Continually strive to update their knowledge of cognitive-behavioral theory and techniques;
- (4) Avoid behaviors, both professionally and privately, that reflect negatively on the NACBT.

The NACBT Diplomate Application

- (1) Complete the entire application, leaving no blanks.
- (2) Mail the application forms, along with photo-copies of supporting documentation, such as training certificates, licenses, etc., and the Diplomate Application fee to:

**National Association of
Cognitive-Behavioral Therapists**

Attn: Diplomate Application
P.O. Box 2195
Weirton, WV 26062

**Please make check or money orders for \$175.00 payable to:
National Association of Cognitive-Behavioral Therapists**

**Or you may fax the application and supporting materials to us by using
MasterCard, VISA, Discover, or American Express at:**

Fax Number: (304) 723-3982

Fee: _____

Card Type: _____ Card Number: _____

Expiration Date: _____ Signature _____

(A) Personal Data

Name: _____

Name as you would like it to appear on your diploma: _____

Address: _____

City / State / Zip: _____

Work Phone: _____ Home Phone: _____

State Certification / Licensure: _____ Number _____

Date Issued: _____ Expiration: _____

Social Security Number (Required): _____

(B) Education

1. University / College: _____

City / State: _____

Degree(s): _____ Date Awarded: _____

Courses related to Cognitive-Behavioral therapy:

2. University / College: _____

City / State: _____

Degree(s): _____ Date Awarded: _____

Courses related to Cognitive-Behavioral therapy:

3. University / College: _____

City / State: _____

Degree(s): _____ Date Awarded: _____

Courses related to Cognitive-Behavioral therapy:

4. *Please request that official transcripts from the colleges / universities listed above be sent to the NACBT.*

5. *Please include with your application a copy of your graduate diploma(s).*

6. Career History

Please list your mental-health-related career experience beginning with your current employment.
Particularly highlight your cognitive-behavioral experience.

1. Job Title: _____ Employer: _____

Begin Date _____ Left Position On: _____

Duties: _____

2. Job Title: _____ Employer: _____

Begin Date: _____ Left Position On: _____

Duties: _____

3. Job Title: _____ Employer: _____

Begin Date: _____ Left Position On: _____

Duties: _____

4. Job Title: _____ Employer: _____

Begin Date: _____ Left Position On: _____

Duties: _____

(D) Training in Cognitive-Behavioral Therapy

Please list any training you have received in cognitive-behavioral therapy. Include documentation to prove that you received the training listed. (*Must include certification (all levels) in REBT, RBT, RLT, Cognitive Therapy, or similar program*).

(E) Special Professional Achievements and Achievements Related to Cognitive-Behavioral Therapy.

Please list any special professional or academic awards, special training, or certifications you have received and highlight those achievements related to cognitive-behavioral therapy.

(F) Publications Written

Please list any articles, research papers, presentations, or books you have authored on cognitive-behavioral topics.

(G) Verification of Skills & Experience

Please list the supervisor(s) (or other knowledgeable colleague(s)) that can verify your experience at applying cognitive-behavioral techniques. The NACBT will telephone the person / people you list.

<u>Name</u>	<u>Relationship (Supervisor / Colleague)</u>	<u>Telephone Number</u>
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_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

(H) Letters of Recommendation

Please list the three persons who will provide the NACBT letters of recommendation supporting your application.

<u>Name</u>	<u>Relationship (Supervisor / Colleague)</u>
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_____	_____
_____	_____
_____	_____

(I) Referral Database

If your application is accepted, do you want listed in the NACBT National Referral Database?

_____ Yes _____ No

If “yes”, what telephone number do you want listed? _____

(H) Application Checklist

_____ Application form

_____ Resume or other supporting material

_____ State licensure / certification copies (if applicable)

_____ Verification of skills signed

_____ Your signature below

_____ Check or money order for \$175.00 (\$150.00 for current NACBT Members)

(I) Affirmation

I certify that the information on this application is true, and I have read the NACBT code of ethics and subscribe to it. I also understand that the NACBT retains ownership of the Diplomate credential and certificates. The NACBT may suspend or revoke my Diplomate Status if I am found to be in violation of the NACBT Code Of Ethics.

Signature

Date