

TEAM Therapist Certification Program Requirements and Rewards



TEAM Therapy was developed by David Burns, MD
Certification Program administered by the Feeling Good Institute (FGI)

The TEAM Therapist Certification Program is intended to provide quality training to clinicians interested in providing TEAM Therapy. We welcome you to the TEAM Therapy community and hope certification will serve as a road map for advancing your skills. Five progressive levels provide opportunities for clinicians to deepen their level of skill mastery.

Certified TEAM Therapist: Level 1

1.) Meet 1 of the following 4 requirements within three years prior to application date (a, b, c, **OR** d):

<p>a.) 12hrs of TEAM Workshops or Courses (Any workshop/course led by David Burns, FGI, or a Level 4 or 5 Trainer qualify.) To access workshops:</p> <ul style="list-style-type: none"> David Burns led workshops around the USA and Canada: www.feelinggood.com/workshops FGI, Mountain View, CA and streaming online workshops: www.feelinggoodinstitute.com/cbtacademy 	<p>b.) 50 hrs of ongoing consultation group training (e.g., weekly didactic, practice, consultation, personal work). Led by a Level 4 or 5 Trainer Groups hosted nation-wide or online. Options listed at: www.feelinggoodinstitute.com/cbtacademy</p>	<p>c.) 13 hrs of home study courses by David Burns Options listed at: http://www.iahb.org/homestudies</p>	<p>d.) 12 week (24 hr) structured curriculum group training course. Led by a Level 4 or 5 Trainer. Options listed at: www.feelinggoodinstitute.com/cbtacademy</p>
---	---	---	--

2.) Application + \$50 (USD) annual fee

Rewards of Level 1: Certificate of Achievement, lifetime certification, right to market self as “Certified TEAM Therapist: Level 1,” one year access to the TEAM Certified listserv (for additional learning and networking), and one year profile listing on the FGI website. (Ongoing listserv participation and website profile require annual dues for Level 1).

Certified TEAM Therapist: Level 2

The following requirements need to be met *after* acquiring Level 1 Certification:

1.) Meet 1 of the following 3 requirements (a, b, **OR** c) (web-based or live participation):

<p>a.) 5 hrs 1:1 training, <i>plus</i> 25 hrs of consultation group training 1:1 Training can be provided by any Level 4 or 5 Trainer at this website: www.feelinggoodinstitute.com/for-patients/clinicians-and-trainers/ Groups, led by Level 4 or 5 TEAM Trainers, are hosted nation-wide or online. Options listed at: www.feelinggoodinstitute.com/cbtacademy</p>	<p>b.) 10 hrs of 1:1 training 1:1 Training can be provided by any Level 4 or 5 Trainer at this website. Each Trainer sets their own fees and schedules: www.feelinggoodinstitute.com/offsite</p>	<p>c.) 50 hrs of consultation group training Groups, led by Level 4 or 5 TEAM Trainers, are hosted nation-wide or online. Options listed at: www.feelinggoodinstitute.com/cbtacademy</p>
--	--	---

2.) Meet 1 of the following 3 requirements (a, b, **OR** c) (web-based or live participation):

<p>a.) 13 CE/CME home study course. Options at: www.iahb.org/homestudies</p>	<p>b.) Single day workshop led by Dr. David Burns, FGI, or a TEAM Trainer. To access workshops:</p> <ul style="list-style-type: none"> David Burns led workshops around the USA and Canada: www.feelinggood.com/workshops FGI, Mountain View, CA and streaming online workshops: www.feelinggoodinstitute.com/cbtacademy 	<p>c.) 5 hrs of 1:1 training 1:1 Training can be provided by any Level 4 or 5 Trainer at this website. Each Trainer sets their own fees and schedules: www.feelinggoodinstitute.com/offsite</p>
--	--	---

3.) Use of the: Brief Mood Survey (BMS) and Evaluation of Therapy Session (ETS) forms with 3 patients (2 sessions per patient). Submit original forms.

4.) Purchase Therapist Toolkit and Therapist E-book. Signed certification form indicating the Therapist Ebook has been read in entirety. (These materials are sold and managed by David Burns, MD, not FGI. To purchase: www.feelinggood.com)

5.) Application + \$200 (USD) fee

Rewards of Level 2: Certificate of Achievement, lifetime certification, right to market self as “Certified TEAM Therapist: Level 2,” ongoing access to the TEAM Certified listserv for additional learning and networking, ongoing profile listing on the FGI website, and no additional annual dues to remain at Level 2.

Certified TEAM Therapist: Level 3

The following requirements need to be met *after* acquiring Level 2 Certification:

1.) Meet 1 of the following 2 requirements (a **OR** b) (web-based or live participation):

a.) 5 hrs 1:1 training *plus* 25 hrs group training with a Trainer
1:1 Training can be provided by any Level 4 or 5 Trainer at this website:
www.feelinggoodinstitute.com/for-patients/clinicians-and-trainers/
Groups, led by Level 4 or 5 TEAM Trainers, are hosted nation-wide or online.
Options listed at: www.feelinggoodinstitute.com/cbtacademy

b.) 10 hrs 1:1 training with a Trainer
1:1 Training can be provided by any Level 4 or 5 Trainer at this website.
Each Trainer sets their own fees and schedules:
www.feelinggoodinstitute.com/offsite

2.) Use of the: a.) Brief Mood Survey (BMS) and b.) Evaluation of Therapy Session (ETS) forms with a minimum of 5 patients over the course of TEAM therapy, starting with the intake or first session and continuing through to the 10th session or until the patient finishes therapy, whichever comes first. Summarize scores on the [Documentation of Testing Scores \(DTS\) form](#). (Form located under FAQ section of www.feelinggoodinstitute.com/certification)

3.) Signature of a TEAM Trainer indicating readiness to take the oral exam

4.) Passing of an oral exam that demonstrates skills of all steps of TEAM Therapy (web-based and live testing available.)

5.) Application + \$200 (USD) fee

Rewards of Level 3: Certificate of Achievement, right to market self as “Certified TEAM Therapist: Level 3,” access to the TEAM Certified listserv for additional learning and networking, profile listing on the FGI website, no additional annual dues to remain at Level 3, right to provide co-training with a TEAM Trainer, access to “Advanced Consultation Groups, and access to “Train the Trainers Group.”

Certified TEAM Therapist and Trainer: Level 4

The following requirements need to be met *after* acquiring Level 3 Certification:

1.) Learning to provide TEAM Model consultation. Meet 1 of the following 2 requirements (a **OR** b):

a.) 40 weeks of group training with an online “Advanced Consultation Group” focused on learning the skills of TEAM Model consultation (exclusively for Level 3, 4, & 5 clinicians; led by Matthew May, MD; sign-up at www.feelinggoodinstitute.com/cbtacademy).

b.) 14 hrs 1:1 Training with a Level 5 Trainer focusing on learning the skills of TEAM Model consultation (please request guidelines and feedback form from FGI before proceeding; supervisor provides feedback forms at each mtg)

2.) Use of the: a.) Brief Mood Survey (BMS) and b.) Evaluation of Therapy Session (ETS) forms with a minimum of 5 patients over the course of TEAM therapy, starting with the intake or first session and continuing through to the 10th session or until the patient finishes therapy, whichever comes first. Summarize scores on the [Documentation of Testing Scores \(DTS\) form](#). (Form located under FAQ section of www.feelinggoodinstitute.com/certification)

3.) Learning to Lead Training Groups. Meet 1 of the following 3 requirements (a, b, **OR** c) (web-based or live participation):

a.) 24 weeks (minimum) co-teaching a TEAM Training group with a Level 5 Trainer (or Level 4 Trainer who has led a group for > 1 year).

b.) Teaching a 12 week TEAM curriculum with individual supervision (live or remote) from a Level 5 TEAM Trainer. (Requires 6 one-hour mtgs; Supervisor must observe group for 1 mtg; if group is co-led, both leaders can attend supervision mtgs together)

c.) Teaching a 12 week TEAM curriculum (12 week curriculum) with group supervision through “Train the Trainers” group. (Currently offered free, on-line, through FGI; Contact Jill@feelinggoodinstitute.com for registration)

4.) Letter of Endorsement from two Level 5 TEAM Trainers

5.) Application + \$100 (USD) fee

Rewards of Level 4: Certificate of Achievement, right to market self as “Certified TEAM Therapist and Trainer: Level 4,” access to the TEAM Certified listserv for additional learning and networking, expanded profile and photo on the FGI website, no additional annual dues to remain at Level 4, right to provide training to persons seeking Level 1-3 certification, access to “Advanced Consultation Groups, and access to “Train the Trainers Group.”

Certified TEAM Master Therapist and Trainer: Level 5 – contact certification@feelinggoodinstitute.com

Disclaimers for all Levels: Certification in TEAM therapy requires licensure as a mental health or medical provider. Students enrolled in license-eligible programs are welcomed informally prior to licensure. Please see www.feelinggoodinstitute.com/certification for additional information and disclosures, including: annual fees, requirements to remain certified, and release of liability. Certification level requirements and rewards are subject to change.