



APT-Therapist Certification Requirements

A. APT- Knowledge & Skills

Certified APT-Therapists are expected to develop an effective and ethical therapeutic stance and demonstrate proficiency in the assessment and treatment of ‘affect phobias’ as described in *Treating Affect Phobia: A Manual for Short Term Dynamic Psychotherapy* (McCullough et al, 2003).

We encourage you to review the manual, complete all exercises and acquire **general** knowledge of content in Chapters 1-12.

B. APT- Therapist Criteria

You are required to meet all mandatory APT-Therapist criteria. Please refer to the APT-Therapist Criteria PDF for more information.

C. APT- Therapist Personal & Professional Development Skills

The following characteristics are also taken into consideration for certification and will be evaluated during your training and examination.

- Your ability to engage in self-assessment to establish personal and professional goals
- Your ability to receive feedback from peers and supervisors
- Your capacity for internal emotional awareness
- Your capacity for healthy relational skills
- Your capacity to seek consultation when necessary

D. APT- Certification Portfolio

You are expected to share a portfolio of your work and demonstrate upon request audio-visual segments that demonstrate your capacity to apply Affect Phobia Therapy therapeutic techniques. Please refer to the APT-Certification Portfolio PDF for more information.

E. APT- Examination

When you feel prepared to take the examination, make arrangements a month in advance to schedule a 2-hour appointment with your primary APT-Supervisor and send a copy of your portfolio. If you are fully prepared and have used your previous supervision time wisely, the examination itself ought not exceed two hours. While face-to-face meetings are recommended, we understand that isn't always possible and make exceptions for the use of a HIPAA-compliant online platform, like FaceTime or V-See. You will be charged your supervisor's hourly rate for the amount of time that it takes to review your portfolio and complete your examination. Typically the entire process shall take no more than 3 hours if you are properly prepared and organized.