



APT-Certification Portfolio

Please use *Treating Affect Phobia: A Manual for Short Term Dynamic Psychotherapy* (McCullough et al, 2003) as a reference for creating your portfolio. Your portfolio must include the following items:

1. A list of your own audio-visual segments identified by case name, date of service, length of segment and treatment with a description of what each segment demonstrates (i.e. Starving Musician, 9/8/08, 9:44am-10:02am-18 minutes, 10 session treatment, demonstrates sadness exposure and Self-Other Restructuring). Please do not send your supervisor any electronic copies so to protect the confidentiality rights of your patient.
2. A completed APT-Supervision Form for any segment listed below that your supervisor has not seen in your process of training. You will be required to show these segments during your examination.
 - a. a complete case with follow-up (if possible)
 - b. an exposure of Sadness/Grief
 - c. an exposure of Anger/Rage
 - d. an exposure of Self-Compassion/Self-Restructuring
 - e. an exposure of Closeness/Self-Other Restructuring
3. A completed Achievement of Therapeutic Objectives Form (ATOS) for a 10 minute audio-visual segment of your own psychotherapy session. Please be sure to show this 10 minute segment during your examination.
4. A completed Psychotherapy Assessment Checklist and Summary Form (PAC). This can be completed by a patient, a friend, a colleague or yourself.

5. Documentation of education and supervision hours completed by you and are related to your development as an APT-Therapist. Please keep in mind that all APT-Therapists are expected to complete a 3 year core training program, as well as, these mandatory hours:
 - a. 72 hours of Didactic Instruction
 - b. 18 hours of individual supervision.
 - c. 96 hours of peer supervision
6. A copy of your professional license and a personal statement that states you are in good standing with your professional licensure board.
7. The name and contact information of your local supervisor.
8. A biographical description that includes your contact information and a business email address that can be included on the www.affectphobiatherapy.com website.

Certified APT-Therapist

Once you pass your examination, your name and email address will be posted to the www.affectphobiatherapy.com website and you'll become an official member of the Affect Phobia Therapy community. You'll receive discounts for upcoming educational events, an opportunity to help shape the future of APT, and have completed the first step in the process of becoming an APT-Trainer or Supervisor.