

Weiterbildungsbeginn nach 1. September 2021

2021 ISST Minimum Certification Training Requirements

Chart 1.

(To understand this chart, **please be sure to read the explanations below it.**)

<u>Type of Requirement</u>	<u>Standard Certification</u>	<u>Advanced Certification</u>
Didactic Hours	Minimum of 25 hours (also see the training document on the ISST website for specific details)	Minimum of 25 hours in total (no additional hours after completion of Standard Certification) (also see the training document on the ISST website for specific details)
Supervised Role-Playing in Dyads	Minimum of 15 hours (also see the training document on the ISST website for specific details)	Minimum of 15 hours in total (no additional hours after completion of Standard Certification) (also see the training document on the ISST website for specific details)
Supervision	Minimum 20 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see chart 2 below)	Minimum 40 supervision sessions (50-60 minutes each) (Single or Converted Group Minutes- see chart 2 below)
Self-Therapy as Part of Case Supervision	Highly Recommended: Max. of 3 sessions out of 20 can be primarily self-therapy	Highly Recommended: Max. of 6 sessions out of 40 can be primarily self-therapy
Peer Support (with a Certified Schema Therapist or Schema Therapist also in training)	Highly Recommended	Highly Recommended

<p>Minimum Number and Length of Cases Treated with Schema Therapy</p>	<p>Minimum of 2 different patients, at least 25 therapy hours each; One patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for Schema Mode work.</p> <p>(These client hours must be supervised & confirmed by your ST supervisor)</p>	<p>Minimum of 4 different patients, at least 25 therapy hours each; One patient with a personality disorder or significant personality disorder features, the remainder patients appropriate for Schema Mode work. Applicants are expected to demonstrate competence with overcompensating modes and avoidant or surrender modes.</p> <p>(These client hours must be supervised & confirmed by your ST supervisor)</p>
<p>Minimum Number of Cumulative Patient Sessions (at least 45 minutes each & usually a maximum of 60 minutes)</p>	<p>80 sessions</p> <p>(These client hours must be supervised & confirmed by your ST supervisor)</p>	<p>160 sessions</p> <p>(These client hours must be supervised & confirmed by your ST supervisor)</p>
<p>Duration of Supervision</p>	<p>At least 1 year</p>	<p>At least 1 year</p>
<p>Session Competency & Case Conceptualization Ratings of Patient by Independent Rater(s)</p>	<p>1 session, with minimum average STCRS score of 4.0 and STCCRS score of 4.0 for case conceptualization form</p> <p>A candidate must receive individual ratings of no less than 4.0 on items 6 (if scored), 7-9 & 11 on the STCRS.</p>	<p>2 sessions, with minimum average STCRS scores of 4.5 and STCCRS scores of 4.5 for case conceptualization forms</p>