



ISST TRAINING AND CERTIFICATION IN SCHEMA COUPLES THERAPY

Schema Couples Therapy Committee: Updated April 5th, 2017

MINIMUM REQUIREMENTS FOR CERTIFICATION

	STANDARD	ADVANCED	EDUCATIONAL CONSULTANT / TRAINER **
PRIOR ST CERTIFICATION OR TRAINING	Standard certification for individual ST or a specific 30-hour ST training approved as preparation for ST-C (12 hrs on ST model, case conceptualization and relationship + 12 hrs experiential techniques + 6 hrs experiencing personal schemas and self-disclosure)		Advanced ST-C Certification
DIDACTIC HOURS	18	N/A	N/A
DYADIC ROLE-PLAY TRAINING HOURS	12	N/A	N/A
CASE DISCUSSION HOURS (WITH ST-C EDUCATIONAL CONSULTANT BASED ON SESSION RECORDING)	10	20 (10 Standard + 10 Advanced)	Assist in one Entire 30-hour ST-C Training (including a highly favorable letter of support from the ST-C certified training leader)
SESSION COMPETENCY RATINGS	1 session: Minimum ST-CRS score of 4.0	2 sessions: Minimum ST-CRS score of 4.5 (one of which must be a “difficult couple” as described in the “Schema Couples Therapy Training Modules”)	N/A

For fuller details of what is required of the session recording(s), see: *Schema therapy for couples (ST-C): How to submit your session recording(s) to be rated and prepare your application for certification.*

*** Note:** Grand-parenting will be considered in special cases where applicants demonstrate an exceptional level of training and experience in both couples therapy and schema therapy. All applicants, however, must submit videotaped sessions and must meet ST-CRS cut-offs as described above.

**** Note:** The term “Educational Consultant/Trainer” is used in place of “Supervisor.” This respects cross-jurisdictional licensing restrictions on supervision and reflects the understanding that the Consultant is not clinically responsible for the case, but advises & educates on the model.