

ISST APPROVED CERTIFICATION IN GROUP SCHEMA THERAPY REQUIREMENTS 2022

This proposal was originally prepared by the work group appointed by the board in 2010, which was made up of certified advanced schema therapists with strong training and experience in conducting group schema therapy. The training requirements follow the approved curriculum for Group ST (Farrell, Reiss, Shaw, Zarbock, 2012). The requirements have been clarified with minor changes by the GST Certification Committee currently chaired by Erlend Aschehoug and presented to the Executive Board for approval. May 2022

CERTIFICATION LEVEL	REQUIREMENTS
<p>STANDARD LEVEL</p> <p>This level is open to candidates eligible for traditional ISST certification and also to those in related mental health professions who are able to practice schema therapy with supervision. This category would allow 1. practice as a co-therapist in a ST group with an Adv. Level certified group therapist or under the supervision of a GST certified supervisor and allow them to 2. act as lead facilitators in groups being offered within their professional discipline that are consistent with the goals and strategies of ST (e.g., an art therapist leading an Art therapy group in the ST model). During the training process applicants may deliver GST with supervision by a GST certified supervisor.</p>	<ol style="list-style-type: none"> 1. A minimum of 12 hours of Introduction to Schema therapy basic concepts. These are defined as Section 1 of the 2021 curriculum for training in individual ST. To meet this requirement the training must be delivered by an ISST Certified Trainer. Those with Standard level certification in individual ST are given credit for meeting this requirement. 2. Complete an ISST Approved Training Program in Group Schema Therapy. This program consists of 18 a minimum of 24 hours of training in ST focused on application to groups: <ol style="list-style-type: none"> a. 12 hours didactic (theory, interventions, limited reparenting, core components of GST) b. 12 hours dyadic/role-play training (6 hours must be Self therapy in a group) 3. 20 hours of supervision in Group ST by an ISST certified GST Supervisor. 4. Competency evaluation: 1 videotaped group session that achieves a score of 4.0 (1 to 6 scale) on the Group Schema Therapy Competency Rating Scale (GSTCRS). The session to be rated must be a minimum of 90 minutes. The video recording must be accompanied by the Group version of ST case conceptualization for each group member and a session summary. 5. Practice of ST: minimum of 20 group ST sessions (30 hours of treatment) 6. As a group case conceptualization, the Problem Analysis Form (Farrell & Shaw, 2012) for each group member in the rated recording must be submitted.

<p>ADVANCED LEVEL GROUP After you have completed a Standard Level Group ST Training program</p>	<ol style="list-style-type: none"> 1. You must have completed the Group Standard Level training program. 2. Completion of the minimum of 18 hours of Advanced Training in Group ST following the established curriculum delivered as part of an ISST approved GST Training program (at least 50% is Group role play practice). 3. Complete a minimum of 40 hours of supervision in Group ST (20 for Standard level plus 20 additional hours). A co-therapist pair in supervision may each count a 60 minute session as 1 hour of supervision. If 2 or more co-therapist pairs attend group supervision their supervision credit per hour will be adjusted using the ratios of the individual ST supervision conversion tool (on the ISST website). Group supervision of individuals not acting as co-therapists in the same group must use the same ratio as those receiving individual ST supervision (e.g., 2 therapists conducting separate groups who are in group supervision would receive 36 minutes each for an hour of supervision.) 4. Competency evaluation: two videotaped sessions of two different groups must achieve scores of at least 4.5. Rated by two different ISST Certified Supervisor level in Group ST independent raters. 5. As a group case conceptualization, the Problem Analysis Form (Farrell & Shaw, 2012) for each group member in the rated recording must be submitted. These will be reviewed by the independent rater with the session recording and feedback provided. 6. Practice: conduct a minimum of 40 group sessions over two groups.
<p>CONTINUING EDUCATION</p>	<p>6 hours every 2 years: specifically in GST conducted by ISST GST Certified supervisors or trainers. These hours may be counted toward the overall CE requirement to maintain individual ST certification.</p>

SUPERVISOR LEVEL GROUP ST	<ol style="list-style-type: none"> 1. Advanced certification in Group ST has been completed. 2. At least Standard level certification in Individual ST has been completed.
TRAINING IN SUPERVISION	<ol style="list-style-type: none"> 3. Current requirement is attendance at the ISST 12 hour Supervision Skills Webinar. You are eligible to take the workshop once you will have two years post advanced accreditation by the END of the workshop 4. 6 hours Supervision of Supervision of at least two GST certification supervisees 5. Future plan is for a Supervision Skills webinar specific to GST and the GSTRS.
PRACTICE REQUIREMENT In addition, this practice requirement must be met:	<ol style="list-style-type: none"> 5. Two years of leading Group ST after Advanced certification granted. This practice must include at least 20 sessions of a group which includes patients with personality disorders or significant PD features. The second group can be composed of any patients suitable for GST including self-practice groups for schema therapists.
ONGOING EVALUATION To maintain Supervisor certification this must be completed bi-annually	After 10 supervisees have been supervised the next two supervisees will complete the STSRs anonymously and send them to the ISST Quality Assurance Committee.
TRAINER LEVEL GST	<ol style="list-style-type: none"> 1. Certification at GST Supervisor level has been accomplished. 2. Having spent at least one year engaged with group schema therapy clinical work and supervision work from the date of achieving Certification as a Supervisor
TRAINING IN TRAINING SKILLS	<ol style="list-style-type: none"> 3. having served as a co-trainer in an ISST Approved training program for at least twelve hours. This includes presenting didactic material as well as supervising experiential exercises. 4. Confirmation of this co-training must be submitted in a letter of recommendation from the ISST Certified GST Trainer who directs the program.
PRACTICE REQUIREMENT	<ol style="list-style-type: none"> 6. After achieving Supervisor in GST certification, a minimum of one additional year of leading Group ST. This practice must include at least 20 sessions of a group which includes patients with personality disorders or significant PD features.

CONTINUING EDUCATION AND ONGOING EVALUATION OF TRAINER SUPERVISORS	
ONGOING EVALUATION	8. Provide an anonymous evaluation of a GST training program delivered which receives a mean rating of 4 out of 6
CONTINUING EDUCATION	8. 6 hours every 2 years (same as other levels GST certification)
GROUP ST TRAINING PROGRAMS Have a dedicated application.	<p>Certification requirements in Group ST must be met in an ISST approved Group ST Training Program, which meets parallel requirements to those for the current certification as an individual training program.</p> <p>The model of Group ST used must be consistent theoretically with the model of ST. It must have a published manual and at least one pilot study demonstrating adequate effectiveness. In cases of disagreement Jeff Young will be asked to make this determination. In the case of further disagreement, the ECRC committee can also review the case.</p> <p>The content of the program must follow the curriculum approved for Group ST. For training hours to count toward certification it must take place in an ISST approved Group ST training programs.</p>
<ul style="list-style-type: none"> • An approved curriculum for group ST has been developed by Farrell, Shaw, Zarbock, Reiss, and Zens and tested in a number of RCTs. (Arntz, Farrell, et al., 2022) • A competency rating scale for GST was developed by Zarbock, Farrell, Reiss and Arntz with various graduate students and it has been validated Bastick, et al. 2018). <p><i>All training hours are 60 minute "clock" hours, with lunch and breaks excluded. Supervision hours are at least 50 minutes in length.</i></p>	

Original Submission JMF/01/14/2013, APPROVED BY ISST EXECUTIVE BOARD 2-19-13
 REVISION 1 SUBMITTED AND APPROVED 6-2-2013;
 REVISION 2 SUBMITTED 10-15-2013, Approved
 Updated and approved 3-23-17 to remove grandparenting conditions, self-practice changed to 6 hrs.
 Updated 2022-submitted to EB for approval 5-13-22
 Updated 9-13-23