



Certified Clinical Anxiety Treatment Professional (CCATP)

Certification Requirements

A. A State licensed:

- Psychologist
- Social Worker
- Certified Addictions Counselor
- Licensed Professional Counselor
- Marriage and Family Therapist
- Psychiatric Nurse
- Nurse Practitioner
- Occupational Therapist
- Occupational Therapist Assistant

B. The applicant in (A) must:

- Be in good standing with the State Board that licenses him/her, including not being on probationary status for any reason.
- Not have been ethically or professionally denied application to or renewal of his/her professional membership in local, state or national associations to which he/she is qualified within the past 5 years.
- Not have had his/her professional or medical privileges restricted, revoked, or revised in any formal institutional setting (e.g., hospital, clinic or other clinical setting) based upon professional malpractice within the last 5 years.

C. The candidate must meet the following education criteria (total minimum of 12 hours):

- Complete a minimum of 12 education hours in:
 - i. DSM-5™ Classification of Anxiety Disorders
 - ii. Differential diagnosis (i.e. OCD, Panic Disorder, General Anxiety Disorder) and diagnostic rule-outs (health related for example)
 - iii. Co-occurrence of depression
 - iv. Assessment of **Physical Symptoms of different types of anxiety**
 - v. When to refer for medication consultation with a prescriber

- vi. **Psychoeducation on the physiological basis of anxiety to include:** physiological responses (fight/flight/freeze) and neuroscience of anxiety (amygdala and cortex contributions and interactions).
- vii. Teaching the client **Cognitive Skills Sets** that address a) disrupting rumination, b) negative and catastrophic thinking, c) cognitive errors and erroneous beliefs, d) perfectionism and related procrastination, e) changing self-talk, and f) managing worry.
- viii. Treating the **Behavioral** attributes of the anxious client that address a) avoidance and its impact on anxiety, b) reassurance seeking, c) create successful exposure experiences, d) memory reconsolidation, and f) motivation to change

Examples include but are not limited to:

- i. Coursework from an accredited college or university as documented by a copy of the course syllabus and a transcript showing completion of the course that includes:
- ii. Approved Continuing Education as documented by certificates of completion from vendor.

D. The candidate must attest that he/she has conducted a minimum of 200 contact hours with Anxiety-diagnosed clients, with the use of weekly consultation and/or supervision.

Documentation of Eligibility and Requirements

1. A completed application form
2. A copy of the candidate's license, or documentation regarding provisional status, or student status.
3. Copies of completion of training as requested in the certification requirements
4. A signed attestation that the candidate has met all the requirements to be Certified

Anxiety Certification Institute will certify candidates who meet and attest to the above requirements. Certification does not imply endorsement of clinical competency.

Renewal of Certification Criteria

To maintain Certification, a reapplication is required for one (1), two (2) or three (3) years by completing six (6), twelve (12) or eighteen (18) CE hours respectively, focused on anxiety treatment techniques as approved by applicant's professional accrediting body.

