



BECK CERTIFIED CLINICIAN PROCESS

Beck CBT Certification is an investment in your practice and professional development. The time it takes to become certified will vary from candidate to candidate. We recommend completing the following steps in order, though previous Beck Institute coursework and supervision may count towards certification. Please refer to our website for more detailed information about program requirements.

1. Apply online at: beckinstitute.org/certification
2. Complete the following core Beck Institute courses, in-person or online:
 - *Essentials of CBT*
 - *CBT for Depression*
 - *CBT for Anxiety*
 - *CBT for Personality Disorders*
3. Complete 1 term of supervision (10 weekly sessions), and:
 - Submit 9 recordings
 - At least 3 recordings must score 44 or above on the Cognitive Therapy Rating Scale (beckinstitute.org/scale)
 - Provide a Cognitive Conceptualization Diagram (beckinstitute.org/diagram) for each patient discussed during supervision
4. Attest to the following:
 - I have treated 10 cases using CBT
 - I have completed 5 Case Write-Ups
5. Submit a therapy recording, Case Write-Up, and Cognitive Conceptualization Diagram for one patient
 - Must score at least 44 or above on the Cognitive Therapy Rating Scale
 - Accompanying materials will be scored as pass/fail

BECK INSTITUTE FOR COGNITIVE BEHAVIOR THERAPY
BECKINSTITUTE.ORG/CERTIFICATION

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