



# FAP Therapist and Trainer Certification Requirements

Revised March 2024

FAP Certification Committee & FAP CEP Board

These are the certification requirements that have been formulated; they are not carved in stone. If you can show that you have experience or training equivalent to some of the requirements, we are open to considering them.

## Criteria for FAP Certified Therapist

- An in person/online weekend workshop
- An 8-week online training
- A FAP Intensive or Level II workshop in person or online
- At least 20 sessions of individual FAP consultation with a certified FAP trainer with a focus on meeting core FAP competencies (**see document on FAP competencies**). Our recommendation is that candidates get a minimum of 20 sessions of consultation. *At session 10, the supervisor is going to make a recommendation for extending training in other areas of supervision such as a diversity if needed.* It is encouraged to have supervision with at least **two different supervisors, there is not limit of sessions with each supervisor.**
  - It is important to note, however, that based on their previous experience, some therapists will need less than 20 sessions, and some will need more than 20 sessions. This can be determined on an individual basis. That is, length of supervision will depend on the learning of FAP competencies listed on the *Competencies Assessment Template*.
  - It is required to include as part of the supervision the reading of Functional Analytic Psychotherapy (Kohlenberg & Tsai, 1991; 2007) and FAP Made Simple (Holman et al, 2017).
  - Characteristics of the consultation/supervision space.
    - FAP consultation will focus on both professional and personal issues. Personal aspects will be addressed when they interfere with or promote clients' CRBs according to the clinical case formulation Therapist and Supervisor's problems (1s) and strengths (2s) also will be openly discussed to facilitate therapist's development of fairness, genuineness, and authenticity in relationships.
    - It's important to highlight that FAP consultation is not therapy. FAP trainers are responsible to suggest to supervisees to start therapy with another therapist when interpersonal matters surpass the boundaries of the supervisor- supervisee relationship.
- A video-taped or audio-taped from a client or supervisee\* session. They also can ask for an in-vivo\* evaluation of their skills training FAP in Real-Play session. The applicant should handover (1) *a formal FAP case conceptualization based on functional analysis*, and (2) a



transcript that notes: a) at least one logical FAP interactions (all 5 rules are used), b) at least 5 in-vivo interactions, c) CRB1s and CRB2s, d) T1s and T2s, e) a prompt evoking a CRB3.

**\* The use of supervision sessions or training observations is acceptable only for those submitting a portfolio for trainer certification.**

**Note: Applicants should pay a US\$150 fee to the reviewer when they receive their video-tape approval.**

Please describe below a resume that documents the completion of the above criteria. Include names of trainers, supervisors, mentors in the experiences.

**FAP Trainer Criteria on Following Page**



**Criteria for FAP Certified Trainer** (*in addition to the above requirements*):

- Substantial clinical experience post licensure which includes some certificates of workshops or classes in which you learn about FAP and behavioral principles (at least 5 years. Request for reduction would be based on individual experience with FAP)
- A Level II or III advanced workshop or a second FAP Intensive.
- Co-leading with a FAP certified trainer a standard 8-week. FAP online group or an 8-week training that includes different topics and themes that include core elements of a standard FAP training (Please reach out if you think you can certify other training experiences that may apply).
- A leadership role in other FAP training experiences (e.g., training workshops; ACL meetups; trainings at national conventions/conferences; pod-leader in a FAP intensive)
- Contributing to the literature in FAP as a first or second author of a peer-journal article or book chapter.
- Passing a 45-60-minute oral or hybrid (video-recorded exam; you will be supplied with a long reading list).

**Note 1: Applicants should pay a US\$150 fee to the test proctor.**

**Note 2: Behaviorism-class course offered by the FAP CEP also could be taken to meet this criterion.**

- Two letters of recommendation from Certified FAP trainers who talk about your character and your qualification to practice and teach FAP. This letter should be sent to the following email: [FAPCEPboard@gmail.com](mailto:FAPCEPboard@gmail.com).  
The writer should answer the following questions:
  - During what period did he/she/they have enough contact with the applicant that you could form an impression of his/her ability to carry out professional responsibilities as a FAP trainer?
  - What was the nature of the relationship?
  - How well did he/she/they know applicant during that period and in that context?
  - Describe the duties as a FAP teacher/therapist the applicant has performed of which you had direct knowledge.
  - Describe if in your opinion, did this applicant at any time or in any way show evidence of behavior, judgement or performance problems, or other character.
- Please submit a resume that documents the completion of the above criteria. Include names of trainers, supervisors, mentors in the experiences and a copy of your publication.
- A \$200 USD fee to be paid to the FAP Certification, Ethics, and Policy Board for your certificate.**

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**Sliding scale fee are possible if needed in the different criteria listed. If you require it, please feel free to send an email to [fapcepboard@gmail.com](mailto:fapcepboard@gmail.com)**

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