

# 2021 ISST REQUIREMENTS FOR CERTIFICATION AS A SCHEMA THERAPIST (INDIVIDUAL) V. 2.0

**Qualifications** required to begin Individual Schema Therapy (ST-I) Certification TRAINING, and also for then applying for ST-I CERTIFICATION for those beginning training **on, or after 1st of September 2021.**

## 7. Patient Session Recording Ratings by Independent Rater(s)

### Final Required Recorded Session Ratings by Independent Raters

**a.** For **Standard** Certification the recorded session must show a patient who is appropriate for Schema Mode work due to complication, chronicity, failure to respond to treatment or relapse. The recording must show the application of emotion-focused change techniques at a high level (i.e., item 11-Application of Emotion-Focused Change Techniques in the STCRS must achieve a minimum score of 4.0) in the form of imagery rescripting for change or mode dialogues (in chairs) for change. As specified above, the demonstrated emotion-focused change technique must be drawn from the change phase of therapy and NOT be, for example, assessment imagery or mode dialogues (in chairs) for assessment.

**b.** For **Advanced** Certification the recorded sessions must show one patient with a personality disorder or significant personality disorder features and one who is appropriate for Schema Mode work due to complication, chronicity, failure to respond to treatment or relapse. One recording must show the application of emotion-focused change techniques at a high level (i.e., item 11-Application of Emotion-Focused Change techniques in the STCRS must achieve a minimum score of 4.0) in the form of imagery rescripting for change or mode dialogues (in chairs) for change. The second recording must show a different form of emotion-focused change technique to that in the first recording and must also achieve a minimum score of 4.0 on item 11 on the STCRS. So, one recording must demonstrate **imagery rescripting for change** and the other must demonstrate **mode dialogues (in chairs) for change**. As specified above, the demonstrated emotion-focused change technique must be drawn from the change phase of therapy and NOT be, for example, assessment imagery or mode dialogues (in chairs) for assessment.

**c.** In addition to the required minimum average score of 4.0 (Standard) and 4.5 (Advanced) a candidate must receive individual ratings of no less than 4.0 on items 6 (if scored), 7-9 and 11 on the STCRS.

**d.** For security and privacy guidelines for sharing clinical information refer to ISST privacy policy and guidelines, accessible on the ISST website.

**e.** On rare occasions when candidates in forensic settings cannot record sessions or when recorded sessions cannot be removed from a forensic institution, the candidate is encouraged to see a patient outside of that environment to record. If that is not an option and it is possible for the candidate to arrange, they can organize an approved independent rater to view a live session. In this situation, you must contact the ISST Training Coordinator to request an exemption before this alternative to a recorded

session is taken, so that circumstances can be investigated, and a decision made. It is stressed that this provision is very rarely utilized.

**f.** All recordings submitted to Independent Raters should be accompanied by a completed Case Conceptualisation and Session Recording Background and Information Summary Form. The submitted recording must be of one complete session. It is not permissible to send parts of different sessions. The Independent Rater is required to rate both the session recording and Case Conceptualisation and give feedback using the STCRS & STCCRS forms.

**g.** Submitted recordings must show a continuous and complete session of a minimum of 45 minutes and usually a maximum of 60 minutes.

**h.** For Advanced certification applicants are expected to demonstrate competence with overcompensating modes and avoidant or surrender modes, spread over the two recordings rated by independent raters. This means that one recording should demonstrate competence with a client with an avoidant mode and/or surrender mode and the other recording should demonstrate competence with a client with an overcompensating mode. The demonstrations of such competence need not be the main focus of the session, but must be evident during it, by for example the therapist drawing attention to the modes. These modes must also be clearly identified and comprehensively explained in the Case Conceptualisations and details of the modes rated must be subsequently specified on the certification application form.

**i.** The two required recorded sessions for Advanced certification must be scored by two different independent raters and be from two different patients.

**j.** Access to Independent raters will normally be arranged by the site offering the training program.

**k.** A candidate may work either towards advanced certification, achieving a minimum of 40 hours of supervision and two qualifying recordings and case conceptualizations, or first gain standard certification and then continue to work towards advanced certification.

**l.** A recording that has been used to gain standard certification may also be counted as one of the two required recorded session ratings for advanced certification provided it meets all of the advanced level requirements, including a required minimum score of 4.5 on both the STCRS and STCCRS.

**m.** Regardless of whether or not a candidate is working directly towards advanced level certification or chooses to first achieve standard certification, they must comply with the time limits explained below.

**n.** Recordings can only be submitted once to an independent rater. If the recording does not achieve the required scores, it cannot then be sent to a different independent rater for a 're-rating'. If, however, the candidate wishes to appeal the result of the rating, it can be done so by contacting the ISST Certification Coordinator who can appoint another independent rater. The cost of this second independent rating will be covered by the applicant. If this provision is utilized, a mean score of the two ratings will be used for a final result.

o. Although a recording can only be submitted once to an independent rater, the Case Conceptualisation can be resubmitted (to the same independent rater). This means that if the recording meets the requirements of the STCRS laid out above, but the Case Conceptualisation does not, the independent rater can draw attention to the areas that need strengthening and offer the candidate the opportunity to resubmit it when it has been improved for a re-rating. The independent rater might charge for such a procedure, so this is at the candidate's own expense. For Advanced level certification at least one of the Case Conceptualisations has to reach the required standard without directed corrections from the independent rater.

**p. Definition of "independent rater"** for the STCRS & STCCRS ratings required for certification. In the ISST Executive Board Meeting 5-28-2013 a clarification of the independent rater was defined as being an ISST Certified Supervisor/Trainer who is not the director of the applicants training program, or a Supervisor or a Trainer involved in didactic or role-play portions. A subsequent and additional decision was made that if the candidate has had, or has a professional or personal relationship with someone, that person cannot be an independent rater either. We realize that there will be situations where this definition cannot be met completely – for example, a country with only one training program or very limited number of certified supervisor/trainers, forensic settings with limitations regarding recordings or the removal of recordings from the institution. In those situations, please write to the ISST Training Coordinator to request an exemption. This position was taken to remove the possibility of naturally occurring bias when the trainer and independent rater roles overlap.

q. Following on from the point above if you believe you have grounds for requesting an exemption on the basis that you are practicing in a country with only one training program or a very limited number of certified supervisor/trainers you are strongly encouraged to attempt to locate an independent rater (through the ISST website) who speaks your native language and who is living outside the country providing ST training, prior to contacting the ISST training coordinator for exemption. Exhausting this possibility before contacting the Training Coordinator for an exemption will reduce their workload, as this is something they will check.

r. The STCRS is still a pilot scale, as are the cut-off scores. We expect to refine the STCRS and cut-off scores over the next 1 or 2 years based on research data. We are also in the process of having the STCRS validated empirically and establishing an inter-rater reliability standard for independent raters to meet.

s. While video recording is strongly preferred, audio only is acceptable.