ISST Continuing Education Policy

Requirements for continuing education credits for those certified by the ISST as schema therapists

Approved by the Executive Board 10th August 2021

1. To maintain Schema Therapy Certification, Schema Therapists are required to:

Maintain their membership of the ISST and pay their annual dues on time.

Participate in 12 hours of Schema Therapy Continuing Education (CE) during any 2-year period.

2. The 12 CE hours can be made up of any combination of the following:

* Attending live (online or face to face) workshops on Schema Therapy topics presented by ISST Certified Trainers.
* Attending individual Schema Therapy Supervision with an ISST certified trainer (50 minutes for 1 CE hour).
* Attending Schema Therapy Group Supervision with an ISST certified trainer with the hours credited being determined by the same formula used for Standard or Advanced Certification.
* Giving a formal presentation to a Special Interest Group (SIG) or Group Supervision. This presentation equals 1 Continuing Education hour. Not more than 3 such hours can count in any 2-year period and each presentation must be attested by a letter from the supervisor or SIG leader.
* In the case of certified trainers, giving advanced training workshops on an aspect of the application of schema therapy (giving basic training workshops does not count for this).
* Only two hours of the 12 required hours for continuing education can be pre-recorded material\*

3. This CE requirement will apply from 1st January 2022 for those who are already Certified as schema therapists at the Standard or Advanced level.

4. From January 2021, certified members will be asked to provide a summary of their CE activities during the previous year (and, from 2022, during the previous two years) when they apply for renewal of their ISST membership and make their annual dues payment.

5. When a member becomes certified, the CE requirement will apply from January 1st of the year following the one in which they achieve certification.

6. Honorary Life Members of the ISST are exempt from these CE requirements

\*Please note that pre-recorded material from ISST conference/summits can be used for up to 6 hours of continuing education time since this material is not available live for all the ISST Membership. No other material from other pre-recorded sources can count towards the 6 hours. And if a member uses two to six hours of pre-recorded ISST material, that disallows any other pre-recorded material from being used towards CE credit.

\*\*In addition, when providing evidence of Continuing Education for certification purposes please note pre-recorded material is disallowed. Please refer to document 2021 ISST REQUIREMENTS FOR CERTIFICATION AS A SCHEMA THERAPIST (INDIVIDUAL) V. 2.0 for further information.