



Family Based Treatment Therapist Certification Program

Welcome to the Training Institute for Child and Adolescent Eating Disorders’ (“Institute”) Family Based Treatment Certification Program (“Program”). In order to ensure that your participation in the Program is fulfilling, the purpose of this letter is to provide an overview of the Program’s requirements and your responsibilities.

Program Overview:

Developed for clinicians, including psychiatrists, psychologists, social workers, medical physicians and counselors, the Program provides advanced, individual-level training and education on Family-Based Therapy (FBT), or “Maudsley”, techniques for the treatment of anorexia and bulimia nervosa in adolescents.

Qualifications for Participation:

The Program is open worldwide to mental health providers who are licensed or registered for independent practice in their respective states or countries. The Institute only certifies licensed individuals. Certification is not available for institutions or other entities. If individual licensing does not exist for your discipline in order to participate in the Program you must: (i) be working in a recognized child and adolescent mental health area, (ii) have completed tertiary level academic study directly related to child and adolescent mental health treatment, (iii) have specialist knowledge of eating disorders, and (iv) have the capacity to work with the other professionals in patient care networks such as pediatricians, psychologists, and psychiatrists.

Disclaimers:

The Program is restricted to already-licensed professionals and trainees (on a case by case basis, and requiring a licensed on-site supervisor that undergoes the certification process in tandem with the trainee) in a variety of mental health professions (e.g., social work, psychiatry, family

therapy, psychology). The Institute provides advanced-level training and education. The Institute does not provide, and the Program does not constitute supervision (i.e., the classic model in which the supervisor assumes responsibility for the cases of a practitioner who is not yet licensed). The Program may not be used for, nor does it replace, supervised training programs required for licensure.

The Program is not accredited by any licensing or professional association other than the Institute. Certification does not constitute the Institute's endorsement of any therapist's clinical competence, nor does it entitle you to any other certification, endorsement or other indicia of achievement.

Program and Certification Requirements:

Certification is awarded only after you have successfully completed all of the Program's requirements. The Institute, in its sole discretion, determines when you have achieved the required FBT competencies and have fulfilled all of the Program's requirements. The Institute reserves the right, in its sole professional judgment, to withhold certification and require additional training, at additional costs to you, as the Institute deems necessary for you to demonstrate proficiency and competency in FBT modalities. If you do not complete such additional training, certification will not be awarded, nor will any fees be refunded.

To complete the Program you must attend an introductory workshop and complete at least 25 hours of training as more specifically described below:

1. *Workshop*: You are required to complete an interactive 1.5 day FBT Introductory Workshop ("Workshop"), including clinical discussions, role play and lectures, which provides an overview of the history, theory, and application of FBT modalities. The Institute offers Workshops on a regular basis throughout the year and you are required to select the Workshop you wish to attend.
2. *Individual Training*: After completing the Workshop you must also complete at least 25 individual advanced training and education credit hours. You, with advice from the Institute faculty member assigned to you ("Instructor"), will be responsible for selecting 3 of your own patient/client cases ("Case Studies") that will be used by you and your Instructor on how to implement the 3 phases of FBT into your practice.

You are responsible for providing your Instructor with **de-identified patient/client information** only at the level of detail necessary for learning the competent application of FBT modalities.

Under no circumstances will you provide any patient identifying information, such as actual name, to your Instructor. Only de-identified case material necessary to obtain the relevant training and education, as requested by your Instructor, should be provided.

You are responsible for obtaining, and hereby represent that you have obtained, all required consents for the disclosure of any patient/client information, including compliance with federal and state privacy laws such as HIPAA. You should also refer to your discipline's ethics code for specific guidance on patient/client confidentiality and disclosure of patient records or information. You agree to indemnify the Institute for any claims or damages it may incur as a result of your failure to obtain any required patient consents or for any violations of applicable patient/client privacy and confidentiality laws.

Up to 5 hours of video/audio review may be counted towards certification. In the event that you provide any video or audio recordings you are responsible for ensuring that they do not include any identifying information, such as the patient's/client's face or details or discussion of any information which could be used to identify such patient/client. **You are responsible for obtaining, and hereby represent that you have obtained, all required consents for the disclosure of any video/audio taped recordings.**

Optional Advanced Workshops:

An annual 1 day advanced workshop is available, at an additional cost, to certified FBT therapists and therapists currently enrolled in the Program. This workshop provides a forum for discussing challenges in implementing FBT in various practice settings; in depth review of challenging case material; and an opportunity for a discussion of the latest FBT research.

Instructors and Scheduling:

Subject to availability, you are responsible for selecting and contacting the Instructor of your choice from the Institute's faculty members to determine their availability. A list of faculty and emails can be found at: <http://train2treat4ed.com/training/>. You and your Instructor will jointly determine your training schedule based on your and your Instructor's mutual availability.

The Institute reserves the right to restrict or cap the total number of Institute faculty at any one time and/or the number of enrollees per faculty member.

Costs:

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The current (2018) fee for the Introductory FBT Workshop is: (i) Full-tuition \$600.00 (Workshop only), or (ii) Discounted Rate for Current Graduate students/Post-Doctoral Fellows (Trainee rate) \$400.00 USD

Consultation fee is \$225.00 per hour. Video/audio review is billed at an additional rate of \$225.00 per hour. Consultees may be charged a cancellation fee of \$225.00 USD if they do not show for consultation, or late cancel (less than 24 hours in advance).

You may, at your option, pay either: (i) an up-front payment of the full fees prior to the commencement of training, or (ii) on a monthly basis, in which case you will receive monthly invoices with payment due within 15 days of receipt of such invoice. **Failure to pay any amounts when due will result in a late fee assessment of an additional ten percent (10%) of the outstanding balance for every thirty (30) days delinquent.**

Payment is preferred via the Institute's secured online payment system at: <http://train2treat4ed.com/registration-1/>. If an institution/agency will be paying on your behalf you must provide the Institute with the name of the contact person at such institution/agency and their email address.

Website Listing:

If you would like to be listed as "In-Training" on the Institute's website during your enrollment in the Program, please send your contact information, as you would like it listed, to train2treat4ed@gmail.com. The Institute's listing fee is waived while you are enrolled in the Program. After you have obtained your FBT certification, you may elect to be listed, as a "Certified Therapist," on the Institute's website for a fee of \$120.00 per year.

Additional Information:

We believe that candid communication is essential to your successful participation in the Program. We therefore welcome any suggestions you may have as to how we might improve the

Program and your experience. At any time you may email Kristen Anderson, LCSW, at train2treat4ed@gmail.com with any questions regarding the Program.

Please indicate your acceptance of these terms and conditions by signing below and returning a copy of this signed letter to the Institute at train2treat4ed@gmail.com.

Again, welcome to the Program and we look forward to working with you toward achieving your goal of becoming a certified FBT therapist.

AGREED AND ACCEPTED

Signature: _____

Print Name: _____

Date: _____

INSTITUTE USE ONLY		
Institute Signature:		Date: