

RPM 637

Credentialing Reference Guide

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Tiffany Atkinson, Laura Bocko, Andi Hammond, Laura Harkins, Jennene Lausier,
David Stroud, & Jennie Venable
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ACE Personal Trainer

Facilitation technique/modality: Personal Training

Requirements:

- You must be at least 18 years of age.
- You must hold current adult CPR and AED certificate at the time of the exam.
- Successfully pass the ACE Personal Trainer exam

Length of Training:

Training for the ACE Personal Trainer exam is completed on an individual's personal time. Depending on how dedicated and motivated an individual is, the length of time to prepare for the exam may differ.

Where:

Some colleges offer courses that prepare an individual for the ACE Personal Trainer exam. There are numerous useful study guides, exam reviews, and online practice exams to help in preparation for the exam. The exam is administered in a proctored setting either online or in a written format which can be taken at various locations throughout each state.

Cost:

<u>Paper and Pencil Format (U.S. and Canada)</u>	PT	AHFS	GFI	LWMC
First Time	\$219	\$219	\$200	\$219
Retake	\$135	\$135	\$135	\$135
2nd ACE Certification	\$150	\$150	\$150	\$150
<u>Computer Based Format (Only available in the U.S.)</u>	PT	AHFS	GFI	LWMC
First Time	\$249	\$249	\$249	\$249
Retake	\$184	\$184	\$184	\$184
2nd ACE Certification	\$199	\$199	\$199	\$199

PT-Personal Trainer
AHFS-Advanced Health Fitness Specialist
GFI-Group Fitness Instructor
LWCM-Lifestyle and Weight Management Consultant

Other:

The American Council on Exercise's Personal Trainer Certification is designed for fitness trainers providing one-on-one or small-group fitness instruction. The ACE Personal Trainer Certification is continually evaluated and updated to ensure that it includes the most current research in exercise science and keeps today's fitness professionals ahead of the competition. Upon successful completion of the ACE Personal Trainer Certification Exam, each trainer will be able to demonstrate knowledge of risk factor screening, fitness assessment, nutrition, exercise science, exercise programming and appropriate progressions, instructional and spotting techniques, lifestyle modification and professional scope of practice.

Website: http://www.acefitness.org/getcertified/certification_pt.aspx

Acupressure

Facilitation technique/modality: Acupressure

Traditional Chinese medicine believes that illness results from something either interfering with the flow of energy or creating an imbalance in different bodily organs. Using finger pressure on certain points on the body, hands, ears or feet that correspond to points on the energy pathways unblocks or redirects the energy flow

Requirements:

Length of Training: Varies based on knowledge and skills

Where: International Institute of Holistic Healing online

Cost: \$175 fee
\$24+ book

Other: After taking the course you need to seek any specific licensures and additional certifications for the state in which you plan to practice.

Website:

http://www.doctorajadams.com/AcupressureAcupunctureCourse.html#anchor_229

American Canoe Association Instructor

Facilitation technique/modality: Adventure Therapy

Instructor: ACA Instructors are expected to represent and promote the ACA and paddle sports in a positive manner. ACA Instructors do not issue certificates or certify basic skills, but may issue participation cards to students.

Requirements:

- Instructors shall be at least 18 years of age
- Maintain ACA Membership and SEIC dues
- Participate in an Instructor Development Workshop (IDW) and pass an Instructor Certification Exam (ICE). These courses are offered either as separate courses with time between for skills and presentation development and practice, or can be offered concurrently (at the discretion of the Instructor Trainer) as an Instructor Certification Workshop (ICW).
- Perform paddling skills with demonstration quality
- Demonstrate effective teaching skills
- Demonstrate technical knowledge of paddle sport
- Demonstrate appropriate safety & rescue ability
- Demonstrate group / course management and interpersonal skills

Certification Areas: Canoe Touring; River Canoeing; Coastal Kayaking; River Kayaking; Surf Kayaking; Rafting; Safety and Rescue; Adaptive Paddling\

Length of Training:

ACA Instructor—self-paced

16+ hours training

Instructor Trainers

Requirements:

- be at least 21 years of age
- maintain ACA and SEIC membership
- be an active ACA Instructor for at least two years*
- Instructor Trainer paddling and teaching skills and knowledge shall be of advanced level.
- Participate in an ITDW or co-teach an IDW/ICE
- Verify with the ACA National Office their eligibility as an IT Candidate prior to leading an IDW/ICE under the direct supervision of an ITE.
- Satisfactorily lead an IDW and ICE with assistance and direct oversight by an ITE.

- IT Educator shall submit an official IT Recommendation Form within 30 days of the ICE completion. Two additional ACA Instructor or Trainer nominating signatures are required.
- Final certification approved by the SEIC Standards Committee.

Length of Training:

Instructor Trainer—2+ years
40+ hours training

Instructor Trainer Educators

Requirements: It is expected that Instructor Trainer Educator paddling and teaching skills and knowledge shall be of significantly advanced level. Additionally:

- Two years experience as Instructor Trainer
- Attend any ACA instructional clinic conducted by an IT in another discipline or Division or submit written rationale for exception
- Submitting the ITE Application Form with resume and three letters of recommendation, one from an ITE within the same discipline at the level of desired certification.
- Submit videotape modeling of paddling and teaching skills, or arrange an in-person review
- Submit IDW/ICE course outlines and evaluations.
- The decision to designate applicants as an ITE is at the discretion of the Standards Committee and shall be approved by the SEIC with applications reviewed periodically.
- The ITE endorsement is valid for four years, after which, the ITE must reapply, the SEIC determining if the ITE has fulfilled the duties as defined.

Length of Training:

Instructor Trainer Educator—2+ years
40+ hours training

Where: Anywhere

Cost: \$20 Insurance
\$20 Insurance Fee
\$40 Membership Fee annually
\$25 Registration Fee annually
Exam & Facility Fees vary
Total: \$105+

Contact: 7432 Alban Station Blvd
Suite B-232

Springfield, VA 22150
Phone: 703.451.0141
Fax: 703.451.2245

Website: <http://www.americancanoe.org>

Prepared By: Andi Hammond

Anger Management Specialist

(National Anger Management Association)

Facilitation Technique/ Modality: Anger Management

Anger Management Specialist I— Certifies individual to provide anger management educational services including Anger Management Classes and Anger Management Educational Programs for individuals may be court mandated. The Anger Management Specialist I may provide anger management counseling/therapy under the supervision of an approved supervisor and with the intention of qualifying for the Anger Management Specialist II certification.

Requirements:

Minimum Bachelor's Degree

1. Basic Anger Management Content Component

Completion of a Basic Anger Management Content program sponsored by or approved by NAMA. The program include (at minimum) an overview of anger problems, an understanding of the nature of anger, anger management skills & concepts, utilization of anger log and the role of trigger thoughts, an understanding of primitive/evolved brain functioning, cognitive distortion, the role of communication and assertiveness, role of empathy and perspective, role of stress, and the role of consequences.

2. Supervision Component

Completion of a minimum of 4 sessions of anger management supervision with a NAMA approved supervisor. This supervision can be arranged by appointment in person, by telephone, or by electronic mail. A fee for Supervision will be charged beyond the cost of the Basic Content.

3. Application Component

Complete Application and provide resume for NAMA Review.

Length of Training: Self-Paced

Where: Any facility as long as under the supervision of approved supervisor.
(<http://namass.org/SupervisionforProfessionals.htm>)

Cost: \$100 Application Fee; \$249 DVD Training Video

Total: \$349

Anger Management Specialist II—Certifies individual to provide anger management clinical services including anger management counseling, anger management therapy in accordance with their particular mental health license.

1. *Anger Management Cases Component*

Completion (at minimum) of 40 hours of Anger Management cases hours as an Anger Management Specialist-I and at least 6 months of anger management individual or group facilitation.

2. *Supervision Component*

Completion of a minimum of 4 supervised anger management sessions with a NAMA approved supervisor. The supervision can be completed in person or by telephone. The fee for Supervision will be determined by your approved supervisor and yourself.

3. *Application Component*

Complete Application and provide proof of Anger Management Specialist I Certification or equivalent, professional mental health state license, and professional liability insurance for NAMA Review.

Requirements:

- Minimum of Anger Management Specialist I Certification or equivalent
- Professional mental health state license
- Professional liability insurance

Length of Training: 40 case hours; 6 months anger management facilitation

Where: Any facility as long as under the supervision of approved supervisor.
(<http://namass.org/SupervisionforProfessionals.htm>)

Cost: \$100-Application Fee; Addition Fee for Supervision

Total: \$100+

Anger Management Specialist III-- The designation (also known as 'Anger Management Basic Content Provider') certifies individuals to train other professionals to become Anger Management Specialist I.

Requirements:

- Previous Anger Management Specialist II Certification
- Minimum of 5 years of anger management specialist II experience.

1. *Basic Anger Management Content Curriculum Component*

Submission of a comprehensive Basic Anger Management Content Curriculum to be used for training of individuals to become certified as Anger Management Specialist I. The curriculum should include (at minimum) an overview of anger problems, an understanding of the nature of anger, anger management skills & concepts, utilization of anger log and the role of trigger thoughts, an understanding of brain functioning in anger management, cognitive distortion, the role of communication and assertiveness, role of empathy and perspective, role of stress, and the role of consequences. The Curriculum should also include specified goals, objectives, and activities to be used in the Basic Anger Management Content training.

2. *Defense of Curriculum Component*

Completion of two 'Defense of Curriculum' interviews (45 min.) with 2 different NAMA approved anger management supervision providers. A fee for each interview will be charged.

3. *Application Component*

Complete Application

Length of Training: Self Paced Development of Curriculum; 5 years Anger Management II experience

Where: Any facility as long as under the supervision of approved supervisor.
(<http://namass.org/SupervisionforProfessionals.htm>)

Cost: \$100 Application fee; additional interview fees

Total: \$100+

Anger Management Specialist IV—The designation (also known as 'Anger Management Advanced Content Provider') certifies individuals to train other professionals to become Anger Management Specialist II.

Requirements:

- Previous Anger Management Specialist III Certification
- Minimum of 5 years of anger management specialist III experience.

1. *Advanced Anger Management Content Curriculum Component*

Submission of a comprehensive Advanced Anger Management Content Curriculum to be used for training of individuals to become certified as Anger Management Specialist II. The curriculum should include (at minimum) a continued understanding of anger problems from various mental health perspectives, advanced anger management skills

& concepts, an advanced understanding of primitive/evolved brain functioning, an advanced knowledge of communication and assertiveness issues, an advanced understanding of the role of empathy and perspective taking, an advanced understanding of stress management, and the role of consciousness and awareness in anger management. The Curriculum should also include specified goals, objectives, and activities to be used in the Basic Anger Management Content training.

2. *Defense of Curriculum Component*

Completion of two 'Defense of Curriculum' interviews (45 min. each) with 2 different NAMA approved anger management supervision providers. A fee for each interview will be charged.

3. *Application Component*

Complete Application

Length of Training: Self-Paced Study; 5 years as Anger Management Specialist III

Where: Any facility as long as under the supervision of approved supervisor.
(<http://namass.org/SupervisionforProfessionals.htm>)

Cost: \$100 application fee; additional interview fees

Total: \$100+

Anger Management Specialist V— The designation (also known as 'Anger management Supervision Provider') certifies individuals to supervise other professionals to become Anger Management Specialist I, II, III.

Requirements:

- Anger Management Specialist III Certification
- Minimum of 5 years of anger management specialist III experience or 1000 clinical hours.

1. **Anger Management Supervision Philosophy Statement and Case Study**

Submission of a comprehensive Anger Management Supervision Philosophy Statement and Case Study. The philosophy statement and case study should include (at minimum) a continued understanding of anger problems from various mental health perspectives, advanced anger management skills & concepts, an advanced understanding of brain functioning in anger management, an advanced knowledge of communication and assertiveness issues, an advanced understanding of the role of empathy and perspective taking, an advanced understanding of stress management, and the role of consciousness and awareness in anger management. The Philosophy Statement and

Case Study should also include specified goals, objectives, and supervision techniques to be used in the supervision component of anger management certification training.

2. Defense of Supervision Philosophy Statement and Case Study Component

Completion of two 'Defense of Statement and Case Study' interviews (45 min. each) with 2 different NAMA approved anger management supervision providers. A fee for each interview will be charged.

3. Application Component

Complete Application

Length of Training: Self-Paced Study; 5 years as Anger Management Specialist IV

Where: Any facility as long as under the supervision of approved supervisor.
(<http://namass.org/SupervisionforProfessionals.htm>)

Cost: \$100 application fee; additional interview fees

Total: \$100+

Contact: namass@namass.org

Website: <http://www.namass.org/>

Animal Assisted Therapy

Facilitation technique/modality: Animal Assisted Therapy

Credential: Registered Pet Partner

Requirements:

Prerequisites for the Human Partner

HAVING YOUR OWN PET IS NOT NECESSARY.

Age 16 or older

Complete the course in one of the 2 formats offered:

- Attend a workshop: The Pet Partners Team Training Course is usually presented as a 12-hour hands-on course. Students receive a copy of the popular Pet Partners Team Training Course Manual and practice visiting skills. Courses are scheduled throughout the year in locations all over the country. All workshops are taught by Delta-licensed instructors. To find a Pet Partners Team Training Course near you, click [HERE](#).
- Complete the home study course: For handlers who cannot attend a workshop, Delta offers a home study version of the Pet Partners Team Training Course. The course includes a student guide with suggestions for activities that will help handlers learn the necessary skills and registration materials.

Team Evaluation:

- Pet Partners Skills Test (PPST) – will show whether the animal can be controlled by the handler and follow basic commands. During the PPST, you will be assessed on how you interact with the evaluator, the evaluator's assistants, the animal, and the environment around you.
- Pet Partners Aptitude Test (PPAT) – is designed to simulate conditions you may encounter on a visit. This screening helps determine the most appropriate environment for you and your animal to visit. During the PPAT, you will be assessed on how well you interact with the evaluator and evaluator's assistants as you simulate being on a visit. They will be role-playing as though they are in a facility. Your interactions may be in the form of questions, responses to the evaluator and evaluator's comments, eye contact, smiling, head nodding, directing the animal to interact, or other verbal and nonverbal methods of communicating.

Registration Packet

Length of Training: 12 hour course

Where: Varies, contact local instructor for information

Cost:

Handler with one animal	\$75.00
Additional animal	\$20.00
Additional Handler	\$30.00
Volunteer without an	\$40.00
Senior (55+) or Handler	\$40.00
Delta Society Affiliate Group Member	\$50.00

Other:

Eligible Species: There are a great many species that make wonderful visiting animals and can form a strong human-animal bond. Only domesticated animals may become Pet Partners. Examples of registered pets include: Dogs, Cats, Guinea Pigs, Rabbits, Domesticated Rats, Horses, Goats, Llamas, Donkeys, Potbellied Pigs, Miniature Pigs, Cockatoos, African Gray Parrots, Chickens.

Species NOT Eligible: Wild or exotic animals (e.g., snakes, ferrets, lizards) may not be Pet Partners.

Birds: Must have lived in the owner's home for at least 1 year.

"Pocket Pets": (e.g., guinea pigs, rabbits, rats, etc.)

- Must be at least 6 months at the time the animal is evaluated

All other animals: Must have lived in the owner's home for at least 6 months. Must be at least 1 year at the time the animal is evaluated.

NOTE: Dogs that have been trained to aggressively protect and/or have been encouraged to bite, even if it is a component of a dog sport (e.g., bite work that is part of Schutzhund) may not be Pet Partners.

Website: www.deltasociety.org

Prepared By: Andi Hammond

Aquatic Therapy

Facilitation technique/modality: Aquatic Therapy

Requirements: Pass exam

- *The examination tests the six basic Standards of the Aquatic Therapy and Rehabilitation Industry*
 - Movement Mechanics and Science which make up 21% of the exam.
 - Aquatic Principles which make up 22% of the exam.
 - Aquatic Therapy Principles and Methods which make up 31% of the exam.
 - Professional Responsibility which make up 14% of the exam.
 - Health and Safety which make up 14% of the exam.
 - Legal Considerations which make up 4% of the exam.
- *Prerequisite.* The prerequisite for this exam is 15 hours of Aquatic Therapy, Rehab and/or Aquatic Therapeutic Exercise education. It is preferable that the education is hands-on but online or correspondence courses also qualify.

Length of Training: 15 hour prerequisite listed above and exam time

Where: <http://www.atri.org/ATRICertification.htm>

Cost: The fee to sit for the **onsite** exam is \$255. The fee to take the exam online is \$255. The retake fee for the exam is \$95.

Other:

- **Certification Renewal.** ATRI certification is valid for one year. To maintain your ATRI certification, you must obtain a minimum of 10 Continuing Education hours within the next year. Any excess of continuing education credits can be carried over for the next year's renewal. Therefore, if you go to a conference this year to meet your 10-hour renewal requirements and get 20 credit hours you can use them for this year and next year's renewal.

Website: <http://www.atri.org/ATRICertification.htm>

Prepared By: Laura Harkins

Aromatherapy

Facilitation Technique/ Modality: Aromatherapy

- The use of volatile plant oils, including essential oils, for psychological and physical well-being

Requirements:

- Any topical application of essential oils would require one to have a professional license-example; massage therapy
- Depending on the state that you reside and offer your services in, you would need to contact the state board of the particular profession for more information
- As with any licensed profession it is the responsibility of the practitioner to abide by their professions code of ethics and to be aware of their professions state laws regarding regulation and licensure and to abide by their scope of practice
Code of Ethics: <http://www.naha.org/ethics.htm>
Scope of Practice: http://www.naha.org/rdt_statement.htm

Level One: Foundations (30 hours)

Curriculum: Introduction to Aromahistory-focus on ancient cultures, Profiles of 10-20 essential oils, Production and Quality of Essential Oils, Basic Physiology-Methods of absorption, general overview of limbic system, lymphatic system, immune system, and skin, How oils interact on physical and emotional levels, Basic aromachemistry with contraindications of certain oils, How to create a blend, carrier oils, and various methods of application.

Level Two: Professional Aromatherapy Certification

Required Standards of Education/Training (minimum of 200 hours) to consist of training and practical tuition in fields of aromatherapy and essential oil studies and anatomy and physiology, including in-depth coverage of:

- The Respiratory system and the Integumentary system, and the olfactory process.
- Basic anatomy and physiology of the following systems: The Reproductive, Circulatory, Nervous, Endocrine, Lymphatic/Immune, Urinary, Musculoskeletal and Digestive.
- Graduating students should be knowledgeable in the structure and function of all the major systems of the human body, together with the clinical science of at least five (5) common ailments of each.
- Students entering an aromatherapy program with a degree in health related fields (e.g. Nurses, Massage therapists, Doctors) may test out or be exempt from the anatomy and physiology section only in relation to that part of the training which goes over the structure and function of each system. Pre-existing health professionals are still required

to complete training in the application of essential oils to each system and the effect of essential oils on a variety of common ailments.

- Any exemption of the anatomy and physiology portion of training should only be allowed when the request for exemption is fully supported by relevant documentation

Length of Training:

Level One: 30 hours+

Level Two: 200 hours+

(Hours of levels vary by school)

Where: Most schools offer classes online and in classroom settings.

Schools (not an exhaustive list-more schools exist around the country):

- Aroma Apothecary Healing Arts Academy
- Aroma Studio, LLC
- Aromahead Institute Aromatherapy Certification Program
- Atlantic Institute of Aromatherapy
- Australasian College of Health Sciences
- Aromatherapy Registration Council (ARC)
- Certification Academy for Holistic Aromatherapy (CAHA)
- East-West School for Herbal & Aromatic Studies
- Institute of Integrative Aromatherapy

Cost:

\$2000+ (varies depending on school)

Other: At this time there is no STATE licensure or laws for aromatherapy in the USA

Websites:

<http://naha.org/>

<http://www.alliance-aromatherapists.org/>

www.aromatherapycouncil.org

Biofeedback

Facilitation technique/modality: Biofeedback

Credential: General Biofeedback Certification

Requirements:

Prerequisite education: Candidates are required to hold a bachelor degree or higher from a regionally accredited academic institution, in a BCIA (**Biofeedback Certification Institution of America**) approved health care field. (Recreational therapy is approved, but a **signed, sealed, original transcript from the university that granted your highest degree must be submitted directly to BCIA.**)

- *Human Anatomy/Physiology Course-* A comprehensive course in human anatomy, human biology, or human physiology from a BCIA accredited program or a regionally accredited academic institution (three semester-hours or its equivalent) fulfills this requirement. Appropriate courses are also available through distance education.

Didactic Biofeedback Education - A 48 hour didactic education program specifically covering all topics as listed in the BCIA Blueprint of Knowledge taken from either a (1) regionally accredited academic institution or a (2) BCIA accredited training program. Note: If course work in Instrumentation or Professional Conduct was taken through a prior accredited didactic workshop for a different BCIA certification, these topics will not have to be repeated.

Practical Biofeedback Training - 20 contact hours with a BCIA approved mentor. The 20 contact are used hours to review:

- 10 sessions of personal biofeedback, demonstrating self-regulation.
 - 50 sessions of patient/client treatment as follows: 10 sessions each of Thermal, EMG and GSR. The remaining 20 sessions are to include any combination of EMG, Thermal, GSR, EEG, HRV, and respiration training.
 - 10 case conference presentations.
- *Sessions are a minimum of 20 minutes.*

License/Credential for Independent Practice: When treating a medical or psychological disorder, you are required to hold a current health care license or agree to work under the supervision of an appropriately credentialed health care professional. This credential in a BCIA approved health care field must be issued or recognized by the state in which you practice.

Written Examination: A three-hour objective examination covering the Blueprint areas is required of all candidates. Examinations are offered throughout the year in various locations or by special exam arranged at a university testing center with a proctor.

Sequence for Meeting Certification Requirements: An individual becomes a candidate for certification by submitting an application with documentation of the educational prerequisite and payment of a filing fee. BCIA recommends, but does not require, that candidates complete the remaining requirements in the order: 1) anatomy/physiology course, 2) didactic biofeedback education, 3) mentored clinical biofeedback training, and 4) written exam.

Length of Training:

48 hour course
20 contact hours

Where:

Accredited academic institutions offering coursework based on the BCIA Blueprint of Knowledge:

- Widener University
- Saybrook Graduate School
- Northern Arizona University
- Alliant International University
- The Institution for Holistic Healing Studies San Francisco State University
- Sonoma State University
- Cal State Fullerton
- Nova Southeastern University
- Kansas State University, Department of Family & Community Health School of Nursing, Truman State University
- Forest Institute of Professional Psychology
- Niagara Community College of New York
- **East Carolina University**
- The Sigmund Freud University of Vienna.

BCIA Accredited Training Programs

- Cambridge Health Alliance
Somerville, MA
(617) 591-6069
- Stens Corporation
- Behavioral Medicine Research & Training Foundation
- Port Angeles, WA
(360) 452-5020
www.behavmedfoundation.org
- San Rafael, CA
(800) 257-8367
<http://www.stens-biofeedback.com>
- Association For Applied Psychophysiology & Biofeedback (AAPB)
Wheat Ridge, CO
(303) 422-8436
<http://www.aapb.org>
- Biofeedback Resources International Corporation
(877) 669-6463
Ossining, NY
(800) 424-6832
www.mindfitness.com

Cost: \$25 application fee
\$100 filing fee
\$275 exam fee
Total: \$400

Other:

- *Certification by Prior Experience:* Appropriately licensed health care professionals who can demonstrate at least 60 relevant continuing education hours, 3,000 relevant patient/client hours, and other contributions to the field may certify through this program. Please visit www.bcia.org for further information.
- Certification is valid for four years. To recertify, the candidate must demonstrate completion of 80 hours of continuing education and must attest that their license/credential has not been suspended, investigated or revoked. Recertification fees are \$225.

Website: <http://www.bcia.org/index.cfm>

Brain Therapy

Facilitation technique/modality: Brain Therapy

Brain Therapy joins craniosacral therapy with TMJ-dental and fascial bodywork techniques to allow the brain to move in its normal inherent motion.

Requirements: Basic understanding of human anatomy

Length of Training: 3 day seminar

Where: online—www.brain-therapy.com

Cost: \$165

Website: www.brain-therapy.com

Certified Child Life Specialist

Facilitation Technique/ Modality: Child Life Specialist

Requirements:

- Minimum of baccalaureate degree
- Course work
 - Applicants must have completed a total of 10 college-level courses in child life or a related department/subject.
 - Any course that is offered by the college/university departments listed below will count toward the course work requirement. Applicants are NOT required to take a course in *each* of these fields, but rather a *total* of 10 courses *in one or more* of the listed departments:
 - Child Life
 - Child, Family, or Human Development
 - Family Dynamics
 - Psychology
 - Counseling
 - Sociology
 - Therapeutic Recreation
 - Expressive Therapies (only those courses that cover the therapeutic applications of play, music, dance, art will be accepted; fine arts courses are NOT accepted)
 - Courses in the following departments will be considered on a case-by-case basis. Only those with a clear connection with the Exam Content Outline will be accepted. Candidates may be required to supply supporting documentation such as course descriptions or syllabi for courses from these departments.
 - Education (Courses related to methods of teaching specific subjects, student teaching and other non-related education courses may not be accepted.)
 - Nursing
 - Social Work
 - Recreation Administration
 - Courses on the following topics will be accepted regardless of college department:
 - Death & Dying
 - Biomedical Ethics
 - Cultural Diversity (Courses in world religions do not fall into this category.)
- Clinical Child Life Experience
 - Minimum of 480 hours of child life clinical experience under the direct supervision of a Certified Child Life Specialist.

Length of Training:

Varies depending on education
480 hours practical experience

Where:

There is no specific training course

Cost: \$250 exam fee (members)
\$400 exam fee (non-members)

Contact:

Child Life Council, Inc.,
11820 Parklawn Dr.
Suite 240
Rockville, MD 20852-2529
(301) 881-7090
Fax: (301) 881-7092

Prepared By: Jennene Lausier

Certified First Responder

Facilitation technique/modality: Certified First Responder

- A person providing pre-hospital care for medical emergencies
- More skill than someone who is trained in basic first aid, but they are not emergency medical technicians
- Certified first responders fill the gap between a basic first aid provider and an EMT-Basic

Requirements:

- Students with a high school diploma can enroll in a college's emergency medical technology program to prepare for a career as a First Responder
- Program requirements vary by state, but typically include courses covering emergencies as varied as vehicle crashes, heart attacks, drowning, childbirths, gunshot wounds, strokes, falls, diabetic emergencies and environmental exposures. Courses usually include a practicum.
- The certified first responder course curriculum is divided into seven modules: preparatory, airway, patient assessment, circulation, illness and injury, childbirth and children and Emergency Medical Services operations. Within these modules, students receive training in patient assessment, bleeding and soft tissue injuries, circulation and legal and ethical issues, among others
- One must pass both state exams to become an emergency medical technician First Responder; national certification is also available. This includes the relevant National Registry Examination for national and statewide certification for EMTs.

Length of Training:

- Certified first responder training programs involve a 60-hour training program

Where:

- Training and coursework are often housed with EMT programs. These programs are offered at most community colleges across the country.
- In North Carolina, Catawba Community College, Guilford Technical Community College, Cape Fear Community College, and more

Cost: Most schools offer an original course and a refresher course. The cost of the original course tuition is generally somewhere around \$ 500.00-\$600.00, while the refresher course tuition is generally \$ 250.00

Other:

- The training program for certified first responders was designed to address the gap between when the emergency situation happens and the arrival of highly trained healthcare technicians.
- The training program for this field prepares certified first responders to assist people in emergency health situations in a variety of ways, such as moving and transporting patients, providing oxygen therapy, stopping bleeding, applying splints and assisting in emergency childbirths.
- A certified first responder can also recognize and treat cases of poisoning, shock and heart attacks.

Website:

<http://www.firstrespondertraining.com/>

<http://www.firstresponders.cc/links.php>

Certified Laughter Yoga Leader

Facilitation technique/modality: Humor Therapy

Requirements: None

Length of Training: 2 day workshop

Where: This website includes dates and times of trainings all over the nation:
<http://www.laughangeles.com/events.php>

Cost: \$297

Contact: laugh@laughangeles.com

Other: Certification is for life, not a year

Website: <http://www.laughteryoga.us/laughter-leader-training.php#a>

Certified Music Therapist

Facilitation Technique/Modality: Certified Music Therapist

Requirements:

- A professional music therapist holds a bachelor's degree or higher in music therapy from one of over 70 American Music Therapy Association (AMTA) approved college and university programs.
- Courses include musical foundations, clinical foundations, and music therapy foundations and principles as specified in the AMTA Professional Competencies.
- Requires 1200 hours of clinical training, including a supervised internship.
- Graduate degrees in Music Therapy focus on advanced clinical practice and research.
- Required to sit for the national board certification exam to obtain the credential MT-BC (Music Therapist - Board Certified)
- The credential MT-BC is granted by a separate, accredited organization, the Certification Board for Music Therapists (CBMT), to identify music therapists who have demonstrated the knowledge, skills and abilities necessary to practice at the current level of the profession.

Length of Training: 1200 hours+

Where: Various colleges and universities

Cost:

\$59.95 for the CBMT Self-Assessment Examination

Contact:

American Music Therapy Association, Inc.
8455 Colesville Road, Suite 1000
Silver Spring, Maryland 20910, USA
Phone: (301) 589-3300
Fax: (301) 589-5175
Email: info@musictherapy.org

Website: <http://www.musictherapy.org/>

Prepared By: Jennene Lausier

Certified Parks and Recreation Professional

Certification: Certified Parks and Recreation Professional

Requirements:

The standards for the Certified Park and Recreation Professional (CPRP) are as follows. The CPRP applicant must:

- Hold a bachelor's degree from an NRPA accredited program, verified by official transcript, and pass the CPRP examination; OR
- Hold a bachelor's or higher degree from a regionally accredited education institution (from a non-NRPA accredited program), verified by official transcript, with a major in recreation, park resources, or leisure services; have no less than 1 year of full-time experience in a recreation, park resources, or leisure service position that encompasses each domain of the job analysis following the degree; and successfully pass the CPRP examination; OR
- Hold a bachelor's or higher degree from a regionally accredited education institution, verified by official transcript, with a major other than recreation, park resources, or leisure services; have no less than 3 years of full-time experience in a recreation, park resources, and leisure position that encompasses each domain of the job analysis following the degree; and successfully pass the CPRP examination; OR
- Hold a high school diploma, equivalency certificate, or associate's degree from a regionally accredited institution, verified by official transcript/documentation; have no less than 5 years of full-time experience in a recreation, park resources, or leisure services position that encompasses each domain of the job analysis following the diploma/degree; and successfully pass the CPRP examination.
- Students who have not yet graduated from an NRPA accredited program may be able to qualify for exam status. They may complete the CPRP exam prior to the completion of the internship requirement and academic degree attainment.
- The CPRP must apply for and pass the certification exam.

Length of Training:

There is no specific training but you can prepare for the examination by using one of NRPA's three resources:

- *The Official Study Guide for the CPRP Examination.* The cost is \$34 for NRPA members and \$47 for non-members, plus shipping & handling.
- *An online practice exam* costs \$55 for NRPA members and \$65 for non-members.
- *The CPRP Candidate Handbook* provides a complete detailed content outline for the exam, including a list of recommended texts for each section. The *Handbook* is free.

Cost:

- \$30 for enrolled students
- \$45 for NRPA members and \$55 for non-members
- \$195 exam fee

Contact:

National Recreation and Park Association
22377 Belmont Ridge Rd.
Ashburn, VA 20148
Phone 703.858.0784
Fax 703.858.0794
info@nrpa.org

Other

- A CPRP needs CEUs to maintain certification status.
- A CPRP can earn CEUs by attending conferences and events, such as the NRPA National Congress, state conferences or any other educational conference or event that offers CEUs to its participants.
- You can take one of NRPA's distance learning courses.
- You can use college credit (a 3 credit course that meets once per week for three hours for 15 weeks equals 45 hours of classroom instructional time. Divide 45 by 10 to achieve the 4.5 CEU equivalents.
- You can substitute .5 CEUs for Professional Experience Points
- You can petition for CEU equivalency

Website:

<http://www.nrpa.org/content/default.aspx?documentId=551>

Prepared By: Jennene Lausier

Certified Substance Abuse Counselor

(North Carolina Substance Abuse Professional Practice Board)

Requirements:

Step 1: Register

To register and begin the certification process, the applicant must send the following to the Board:

1. The completed registration form found in the registration application package;
2. Documentation of high school graduation, completion of GED, Baccalaureate or advanced degree.
(Use transcripts as documentation as appropriate).
3. A signed supervision contract documenting the proposed supervision process by either a CCS or a CCS Intern.
4. A signed form attesting to the applicant's commitment to adhere to the Ethical Principles of Conduct of the Board
(Verification Statements).
5. A check or money order in the amount of \$125.00 (non-refundable) made payable to NCSAPPB.

Once the above is received by the Board, the applicant's materials will be reviewed. If found to be in order, the applicant will be granted registration status.

Step 2: Substance Abuse Counselor Intern

To be recognized as a Substance Abuse Counselor Intern, a counselor must submit and successfully complete the following:

1. Completed registration form found in the registration/application package.
2. Documentation of high school graduation, completion of GED, Baccalaureate or advanced degree.
(Use transcript as documentation where appropriate).
3. A signed form attesting to applicant's commitment to adhere to the Ethical Principles of Conduct of the Board.
4. A signed supervision contract documenting the continuing supervision process by a CCS or CCS intern.
5. Documentation verifying the successful completion of 300 hours of Supervised Practical Training.

Step 3: Certified Substance Abuse Counselor

The following is a review of the requirements for certification as a Certified Substance Abuse Counselor:

1. The equivalent of three (3) years full time paid or volunteer supervised experience (6,000 hours) obtained as defined above. Experience must also be obtained in a setting, program or facility whose function is treating alcohol and drug abuse. If a work setting is not exclusively substance abuse focused, the applicant may accumulate experience proportional to the direct or indirect substance abuse services they perform. For example, with a 75% substance abuse counseling caseload, the applicant would need 4.5 years experience, with a 50% substance abuse caseload, the applicant would need 6 years experience.
2. 270 clock hours of Board approved education/training in the following ratio: 190 hours substance abuse specific (SAS), and up to 80 hours may be directed toward general skill building (GSB). No more than 25% of the 270 hours (67.5 hours) may be in-service education received within your organization by staff of the same employment. All applicants for certification as a Substance Abuse Professional must document twelve (12) hours HIV/AIDS training/education and six (6) hours professional ethics training/education.
3. A \$125.00 written exam fee and \$125.00 registration fee (non-refundable), if not already paid previously.
4. Completed evaluation forms must be submitted by three (3) references: Supervisor, Co-Worker, and Colleague. These evaluations must be mailed directly to the Board by the individuals completing the forms.
5. Successful completion of the written examination (\$125.00 written exam fee plus \$125.00 registration fee, non-refundable, if not already registered with the Board).

Upon successful completion of the examination a Certified Substance Abuse Counselor certificate and number will be awarded.

Length of Training:

Substance Abuse Counselor Intern: Minimum 300 hours of supervised training

Certified Substance Abuse Counselor: Minimum 6000 hours over at least 3 years PLUS 270 hours of Board approved education/ training.

Where: Any facility with a Board Approved Certified Substance Abuse Counselor

Cost: \$150 initial registration fee; \$125 intern exam fee; \$125 certification exam fee

Total: \$450

Contact: P.O. Box 10126 Raleigh, NC 27605 Ph: 919-832-0975 Fax: 919-833-5743

Website: <http://www.ncsapcb.org/>

Prepared By: Andi Hammond

Dementia Trainer

Facilitation Technique: Dementia Trainer

Requirements:

Option 1:

- College graduate (degree from an Accredited College or University)
- Current license or certification in your health care field
- Minimum of 3 years of experience in a geriatric health related field
- Minimum, 7 hour NCCDP Comprehensive Dementia Curriculum taught by an approved NCCDP Certified Instructor
- Two year renewable certification

Option 2:

- GED or High School Diploma.
- Current license or certification in your health care field.
- Minimum of 4 years of experience in a geriatric health related field.
- Minimum, 7 hour NCCDP Comprehensive Dementia Curriculum taught by an approved NCCDP Certified Instructor
- Two year renewable certification

Option 3:

- Graduate degree from an accredited College or University.
- Minimum of 5 years of experience in a geriatric health related field.
- Minimum, 7 hour NCCDP Comprehensive Dementia Curriculum taught by an approved NCCDP Certified Instructor
- Two year renewable certification

Option 4 (No licenses, certifications, or degrees):

- The NCCDP recognizes most accrediting bodies and also recognizes that some state regulations for long term care facilities do not require certification or license for certain professions.
- This option is only for the following professions: Admissions Directors, Marketing Directors, Activities, Clergy, Volunteer Coordinators, Social Workers, In-Service Directors, and Long Term Care Consultants.
- Minimum of 5 years of experience in geriatric health related field.
- Minimum, 7 hour NCCDP Comprehensive Dementia Curriculum taught by an approved NCCDP Certified Instructor
- Two year renewable certification

Length of Training: 8 hour seminar (one day or series)

Where: Various facilities throughout country—

http://www.nccdp.org/instructor-list/db.cgi?db=default&uid=default&Name=ford&keyword=&mh=10&sb=---&so=ascend&view_records=View+Records

Cost:

- Option 1- \$100
- Option 2- \$75
- Option 3- \$100
- Option 4- \$100

Other: There are no nationally recognized standards of care for certification of dementia trainers; this leaves each state up to define its own. The certification for dementia trainers is controversial, as none of the large dementia organizations (for example, the Alzheimer's Association) have come forward to recognize organizations issuing certification.

Websites:

<http://www.nccdp.org/firstresponderlist/>

http://nurturingnuggets.typepad.com/the_nurturing_nuggets_blo/

Prepared By: Jennie Venable

Fitness Therapy

Facilitation Technique/Modality: Fitness Therapy

Credential: ISSA Fitness Therapist

Requirements:

This course is recommended for personal trainers, physical therapists, occupational therapists, chiropractors, nurses and other health care professionals. It is used to enhance a current therapists job opportunities.

Length of Training:

Training is an online study course that individuals may participate in from home.

Where:

ISSA 1015 Mark Avenue
Carpinteria, CA 93013
1-800-892-4772
webmaster@issaonline.edu

Cost: \$495

Other:

The ISSA's Fitness Therapy program takes the best technologies from both the health care and fitness realms, and combines them into a program that helps personal trainers and health care specialists to take over when the prescribed medical treatment is over.

Prepared By: Tiffany Atkinson

Gerontology Certificate

Facilitation technique/modality: Gerontology Certificate

The Gerontology Certificate is designed to prepare graduates for human services careers in programs, facilities and agencies for the older adult.

Requirements: The Gerontology Certificate is gained through completing coursework at the undergraduate or graduate level. You must complete 28hrs of coursework dealing with the process of aging and the diseases often associated with the process of aging.

Length of Training: The time it takes to get the Gerontology Certificate varies for each person accounting for details such as prior classes and specialty selected in the field.

Where:

UNCG

M.S. or Graduate Certificate, Gerontology

<http://www.uncg.edu/gro/>

Contact: Gerontology Program (336.256.1020)

UNC

Certificate (Graduate), Aging

Interdisciplinary Certificate in Aging

<http://www.aging.unc.edu/certificate/>

Contact: Sheryl Zimmerman, Program Director (sheryl_zimmerman@unc.edu)

NC State

PhD, Developmental Psychology with gerontology specialization

Department of Psychology

<http://www.ncsu.edu/psychology/graduate/conc/develop/index.htm>

Contact: Department of Psychology (psych@ncsu.edu)

Cost: The cost also varies in acquiring you certificate. The location of the university, line of specialty and pace of certification all affect the bottom line of the certification.

Guided Imagery

Facilitation Technique/ Modality: Guided Imagery

Requirements:

- In the United States, there is no formal licensing process for guided imagery practitioners, although many schools have training programs that lead to certification in guided imagery
- Some of these programs are specifically intended for people who already have a state-issued license in a health profession, such as nursing or psychotherapy
- Training hours requirements can range from 90 to 200 hours
- You can find a qualified guided imagery practitioner through the Academy for Guided Imagery
- The Academy trains and certifies health professionals in guided imagery, requires 150 hours of training, and has a website featuring a U.S. database of its certified practitioners

Length of Training:

- The Academy for Guided Imagery's Professional Certification Training Program offers 150 hours of in-depth training in Interactive Guided Imagery suitable for any health care professional in a counseling or health services field
- The Program provides a broad-based curriculum that addresses most of the major issues confronted in clinical practice

Where:

- combination of home-study modules along with 52 hours of small group supervision
- home-study portions of the program are presented in a self-paced environment using audio, video and reading materials
- on-site "live" Preceptorship portions of the program offer the unique opportunity to practice and enhance your imagery skills under the supportive guidance and experienced direction of clinical faculty
- interactive guiding style that the Academy has developed and refined avoids the manipulation and transference issues that concern many contemporary therapists who are interested in hypnosis and other suggestive mind/body techniques; Interactive Guided Imagerysm points clients to their own internal imagery and teaches them to dialogue with it in a meaningful and deeply personal way

Cost: Fee is \$3,495, which includes tuition for all eight advanced ATS home study programs, the two "live" 4-day Preceptorships, and all shipping/handling charges

Website:

<http://www.academyforguidedimagery.com/about/index.html>

Prepared By: Jennie Venable

HeartMath

Facilitation technique/modality: HeartMath

Requirements: Obtain licensure or certification in a health care profession

Length of Training: 7 hour+ distant learning program that includes at home study, webinars and on-going online support

Where: Online use website below

Cost: \$1495

Contact:

Carol Thompson
Director of Health Professional Programs
(800)450-9111 ext 781
carol@heartmath.com

Website: <http://www.heartmath.com/Healthcare/HeartMath-Interventions-Certification-Program.html?Itemid=0>

Other: 3 years certification with easy to renew terms and conditions

Horticulture Therapy Certification

Facilitation technique/modality: Horticulture Therapy

Requirements:

Completion of 5 courses

Length of Training:

The certificate program consists of five courses, each in a four-day intensive format and offered about once a semester.

Where:

Horticulture Therapy Institute

Denver

Greensboro

San Francisco

Cost:

A single class can count for two academic credits and cost \$144

Or

For 3.2 CEUs and cost \$50

Other:

The American Horticultural Therapy Association accredits the HT certificate. Each course is also approved for academic credit and continuing education units from Colorado State University.

Website: <http://www.htinstitute.org/htcertificate.htm>

Prepared By: Laura Bocko

Laughter Therapy

Facilitation Technique/Modality: Laughter Therapy

Credential: Certified Laugh Leader

Requirements:

- Paid tuition fee
- Signed in
- Attend entire seminar
- Read required text
- Complete evaluation
- Sign out

Length of Training:

2 day workshop

Where:

www.worldlaughtertour.com

Fax registration to 614-855-4889

Call 1800-NOW-LAFF

Mail registration to 1159 S. Creekway Ct. Cols, OH 43230

Cost: \$349

Prepared By: Tiffany Atkinson

Massage Therapy Certification

Facilitation technique/modality: Massage Therapy

Requirements:

- Passing of the NCETM (National Certification Examination for Therapeutic Massage) or the NCETMB (National Certification Examination for Therapeutic Massage & Bodywork).

Length of Training:

- A minimum of 500 hours of instruction as follows:
 - 125 hours of body systems (anatomy, physiology and kinesiology)
 - 200 hours of massage and bodywork assessment, theory and application
 - 40 hours of pathology
 - 10 hours of business and ethics (minimum of 6 hours in ethics)
 - 125 hours of additional instruction in an area or related field that theoretically completes the massage program of study
- Graduation from a school with an NCBTMB Assigned School Code

Where:

There are massage schools all over the country.

To find a listing visit: <http://www.ncbtmb.org/schools.php>

Cost:

The National Certification Fee is \$225.

The cost of training varies from program to program.

Other:

For individuals who do not meet these eligibility requirements, there is an alternative known as Portfolio Review. This process allows applicants the opportunity to demonstrate that they have training equivalent to the standard eligibility requirements.

Website: <http://www.ncbtmb.org/>

Prepared By: Laura Bocko

National Association of Therapeutic Wilderness Camping Wilderness Counselor

Facilitation Technique: Adventure Therapy/ Wilderness Therapy

Certification Levels:

- National Wilderness Counselor
- Senior Wilderness Counselor
- Master Wilderness Counselor

Requirements:

- Peer review
- National examination
- Degree accomplishments
- Intern/ residency requirements
- Performance assessment.

Length of Training: The certification is a compilation of required and elective courses and trainings that a direct care staff can pursue at their university, program or community and at their leisure and then submit proof of training completion paperwork to NATWC for approval and consideration for certification.

Where: Accredited colleges/ universities

Cost:

\$75 membership fee annually (\$25 for students)

Contact:

Rick McClintock--Executive Director and Membership Chairman
natwc@qcol.net
743-329-1098
274 Brown Hill Road
Markleysburg, PA 15459

Other: NATWC has created the National Wilderness Counselor Certification, the only nationally recognized certification specifically for counselors in the field of wilderness therapy.

Prepared By: Jennene Lausier

Outdoor Leadership

Facilitation Technique/ Modality: Outdoor Leadership/ National Standard Program

Credential: Wilderness Education Association's Outdoor Leadership Certification

Requirements:

Typically, a National Standard Program is conducted as a 21–35 day expedition in a wilderness setting. While it is felt that this is the ideal format, the WEA does grant approval for courses that address all components of the 18-Point Curriculum meeting the minimum requirements

Length of Training

Minimum of 21 total nights in the field in a one-year period of time studying under the same certifying instructor. The conclusion of the course must be a minimum of 14 consecutive nights in the field.

Or

Minimum of 28 total nights in the field in a two year period of time studying under the same certifying instructor. The conclusion of the course must be a minimum of 14 consecutive nights in the field.

Where:

Refer to website to get a complete listing of the training schedule (Locations, dates and times)

http://www.weainfo.org/en/calendarevents/events_view.asp?searchcriteria=4&submit=Submit+Query

Or

http://www.iwls.com/dates_location.html

Cost:

Anywhere from \$575 to \$9,400 depending on the length of the trip and location

Contact:

Wilderness Education Association
900 E. 7th Street
Bloomington, IN 47405
Ph 812.855.4095
Fax 812.855.8697

Website:

<http://www.iwls.com/>

<http://www.weainfo.org/>

Prepared By: Laura Bocko

Qigong

Facilitation technique/modality: Qigong

Requirements:

- 420 class hours over a three year period
- Attend 2 one week summer intensives.
- 750 hours of personal practice of Jing Dong Gong (Stillness-Movement Qigong).
- 6 semester hours of Anatomy & Physiology
- Proof of having attended an acupuncture point location class
- Pass a Medical Qigong Qi projection test
- Qigong Oral Presentation. You must prepare and present an oral presentation of your understanding of Medical Qigong techniques as well as the ethics and responsibilities required of a world class healer.

Length of Training:

3+ years

Where: Classes held in Portland OR and Seattle WA (hard to find on east coast)

Cost: \$1600+ per year

Website: www.linggui.org

Reflexology

Facilitation technique/modality: Reflexology

- Part of the holistic approach to healing
- Incorporates the mind, body and spirit
- Application within the reflex/meridian systems of the foot, hand, ear and other selected energy points
- Sources have demonstrated that reflex/meridian point activation triggers the photo-bioelectric aspects of the body's spontaneous healing/wellness processes
- Reflexology has anecdotally been found to have a positive effect on the body suffering from a wide variety of chronic problems
- Reflexology is not a substitute for medical treatment, but should be used as a complement to any type of medical approach or therapy
- Reflexology can also be incorporated into an overall healthy lifestyle

Requirements:

- ARCB (American Reflexology Certification Board) is of the opinion that Reflexology is a hands-on discipline requiring hands-on instruction
- One of the prerequisites for testing with ARCB is completion of a 'hands-on' Reflexology course involving a minimum of 110 hours (home-study or correspondence type of Reflexology courses would not provide this 'hands-on' training, making you ineligible to test with ARCB)

Length of Training:

Reflexology programs generally take between six and twelve months to complete and involve 150 to 300 hours of study combined with hands-on practice.

Where:

This is just a few of the many schools in which reflexology courses are offered. An exhaustive list of Reflexology schools can be found at http://www.arcb.net/reflexology_schools_list.htm

Advanced Institute of Reflexology
San Diego, CA

www.sole-to-soul.com

American Academy of Reflexology
Burbank, CA
www.americanacademyofreflexology.com

Vitality College of Healing Arts
Solano Beach, CA
www.vitalitycollege.com

Colorado School of Healing Arts
Lakewood, CO
www.csha.net

Washington Institute of Natural Medicine
Washington, DC
www.washingtoninst.qpg.com

Cost:

- You can expect tuition for a reflexology program to be approximately \$1,500 to \$3,500
- As part of your education, you will also need to purchase a massage table or reclining chair, which typically costs \$200 to \$500
- In order to remain in good standing with the certification board, a certified practitioner of reflexology must pay an annual fee every year (\$55) and obtain 12 hours of continuing education (CE) every two years from the date of his/her initial certification date with ARCB.

Other:

- Certification requirements for reflexologists vary from state to state. Many reflexology school programs result in reflexology certification that meets state requirements; however, others may deliver a diploma without certification.
- You will need to research the laws for the state where you plan to practice to ensure that you make the best choice in a reflexology school program.

Website:

<http://www.arcb.net/index.htm>

<http://www.reflexology-usa.org/>

Prepared By: Jennie Venable

Registered Academy of Dance Therapist

Facilitation Technique/Modality: Registered Academy of Dance Therapist

Requirements:

- Fill out an application
- Must have a minimum of 3,640 paid clinical hours
- Must submit a theory and session essays, each not to exceed four (4) double spaced pages completed.
- Must have letters of recommendation from three (3) mental health professionals, including at least one (1) ADTR supervisor who has observed your work within the last two years and one (1) current clinical supervisor.
- Must submit Verification and Breakdown of Supervisory Hours – one per supervisor.
- Must submit Evaluation and Documentation (One per ADTR Supervisor)
- Must submit Employment Verification Form for each place of employment.
- Must sign Code of Ethical Practice completed and signed by a Notary Public.

Cost: \$125

Contact:

American Dance Therapy Association (ADTA)
Suite 108
10632 Little Patuxent Parkway
Columbia, MD 21044-3263
Telephone: (410) 997-4040
Fax: (410) 997-4048
E- Mail: info@adta.org

Website:

www.adta.org

Prepared By: Jennene Lausier

Registered Arts Therapist

Facilitation Technique/Modality: Registered Art Therapist

Requirements: Three Options

Option A is for applicants who graduated from a master's degree program approved by AATA at the time of graduation.

Education Required

Applicants must provide an official transcript verifying a master's degree from an AATA-approved program.

Post-education Experience Required

Applicants must have:

- A minimum of 1,000 hours of supervised direct client contact using art therapy. (Hours used to complete administrative tasks cannot be included for the purpose of obtaining the ATR.)
- A minimum of 100 hours of supervision

Option B is for applicants who graduated from a master's degree program **NOT** approved by AATA at the time of graduation.

Education Required

Option B applicants must provide official transcripts that document completion of:

- A master's degree in art therapy or a related field from a program not approved by AATA at the time of applicant's graduation.
- A minimum of 24 graduate semester credits (or 34 quarter credits) in art therapy core curriculum (not including credits earned for practicum/internship)
- A minimum of 700 hours of supervised art therapy practicum/internship
- 15 semester credits* (or 22 quarter credits) in studio art.
- 12 semester credits (or 18 quarter credits) in psychology (including abnormal and developmental psychology). These may be undergraduate or graduate level courses.

Post-education Experience Required

Applicants must have:

- A minimum of 1,500 hours of supervised direct client contact hours using art therapy.
- A minimum of 150 hours of supervision.

Option C is for applicants who have completed a master's degree in a related discipline and post-master's study in art therapy that did not lead to a master's degree (e.g., a post-master's certificate program).

Education Required

Option C applicants must have:

- A master's degree in art therapy or a related field.
- A minimum of 24 graduate semester credits (or 34 quarter credits) in art therapy core curriculum (not including credits earned for practicum/internship).

- A minimum of 700 hours of supervised art therapy practicum/internship, including a minimum of 350 hours of direct provision of art therapy services to individuals, groups, and/or families.
- 15 semester credits (or 22 quarter credits) in studio art. These may be undergraduate or graduate level courses.
- 12 semester credits (or 18 quarter credits) in psychology (including abnormal and developmental psychology).
These may be undergraduate or graduate level courses.

Post-education Experience Required

Applicants under Option C must provide Verification of Post-education Experience Form(s) documenting:

- A minimum of 1,500 hours of supervised direct client contact hours using art therapy.
- A minimum of 150 hours of supervision. At least 75 of the hours must be supervised by a current ATR or ATR-BC.

For all options, applicants must submit three (3) Reference forms and supporting letters from:

- At least one (1) current ATR or ATR-BC
- An applicant's supervisor who possesses a credential or state license
- A professional who can provide a reference pertaining to the applicant's work performance and art therapy skills.

Cost:

Application Fee \$125.00

Annual Maintenance Fee for ATRs who are members of AATA \$ 50.00

Annual Maintenance Fee for ATRs who are not members of AATA \$100.00

Contact:

Art Therapies Credentials Board

3 Terrace Way

Greensboro, NC 27403-3660

Toll Free - (877)213-2822

Phone - (336)482-2856

FAX - (336)482-2852

Email - atcb@nbcc.org

Prepared By: Jennene Lausier

Registered Dance Therapist

Facilitation Technique/Modality: Registered Dance Therapist

Requirements:

Must complete and/or submit:

- A Master's degree in dance/movement therapy or a related field (such as counseling or social work)
- All required dance/movement therapy training courses and required counseling/psychology courses and listed them properly on the application form
- A minimum of five (5) years of concentrated study in dance
- A 200 hour fieldwork requirement
- A 700 hour internship supervised overall by an ADTR
- A catalogue descriptions for all coursework in quadruplet
- Letters of recommendation from two (2) ADTR's, or one (1) ADTR and one (1) Master-level (or above) mental health professional, who have seen your work within the last two years
- The ADTA Oath and had it signed by a Notary Public
- One (1) original and three (3) photocopies of your application to the National Office
- Must submit fieldwork and Internship Verification forms for each site

Cost:

\$125

Contact:

American Dance Therapy Association (ADTA)

Suite 108
10632 Little Patuxent Parkway
Columbia, MD 21044-3263
Telephone: (410) 997-4040
Fax: (410) 997-4048
E- Mail: info@adta.org

Website:

www.adta.org

Prepared By: Jennene Lausier

Reiki

Facilitation technique/modality: Relaxation, Stress Management

Requirements:

Desire to learn Reiki
Completion of training sessions

Level I is the introduction to Reiki. After completing it, the student will become a practitioner. He or she will be able to heal his own self or others. This is the basic training ground for people who want to learn Reiki and use it for personal improvement.

Level II Reiki is the advanced practitioner training phase. This one is for people who wish to use Reiki on a more professional level. Those who are able to finish this level can practically advertise their services and provide Reiki healing to other people who may require it.

Level III is the highest of all Reiki training sessions. It is where one will be molded to become a Reiki Master. As a Reiki master, you will be able to heal, train, and influence yourself and other people through the absolute powers of Reiki.

Length of Training:

Reiki I and II—Two-day, weekend session
Advanced Reiki I and II—One-day, weekend session
Reiki III/ Master—Two-day, weekend session

Where: Class are taught throughout the US by different Reiki Masters. Dates, times and locations change with each Master's schedule.
<http://www.reiki.org/ReikiClasses/Schedule.html#Thomas>

Cost:

Reiki I and II—\$350 class; \$150 fee
Advanced Reiki I and II—\$225 class; \$75 fee
Reiki III/ Master—\$650 class; \$200 fee

Other: There is no governing body that would provide Reiki licenses to practitioners. Certificates are provided by the Reiki Master who personally trained the student.

Website: <http://www.reiki.org/>

Prepared By: Andi Hammond

Watsu

Facilitation technique/modality: Watsu

Requirements:

Watsu Provider- Can provide lessons at spas, clinics and sports clubs. Those being registered as a Watsu Provider acknowledge that their status is that of an intern and requires an annual renewal with 50 hours of continuing education until they complete all requirements to be a Watsu Therapist.

Watsu Therapist- The Watsu Therapist course provides you with extensive training in aquatic bodywork, combined with sound knowledge of principles of Shiatsu. It prepares you to combine and choose from different techniques to give professional sessions to your clientele. CPR certification.

Length of Training

Watsu Provider- 320 hours; six classes and a 20 hour practicum

Watsu Therapist- 580 hours; 12 classes and a 10 hour practicum

Where:

The Watsu Institute

707-987-3801

Joyce Reim

Director@warsucenter.com

Cost:

No fee/ Trade to \$150 per class

Wilderness First Responder

Facilitation technique/modality: Wilderness First Responder

Requirements:

- No prerequisites required
- Must be 16 years of age
- Persons under 18 years of age require parent's permission

Length of Training:

The 80-hour training takes place over 10 days.

Where:

The training takes place year round at various universities and conference centers. The training is provided by the Wilderness Medical Institute of the National Outdoor Leadership School. Visit this website for the 2009 schedule and locations:
<http://www.nols.edu/wmi/courses/schedule.shtml#wfr>

Cost: \$300

Additional trainings are also available at varied costs:
Wilderness EMT - \$1,000
Wilderness Advanced First Aid - \$170
Wilderness Upgrade for Medical Professionals - \$300

Other:

The course is designed specifically to provide you with the tools to make critical medical and evacuation decisions in remote locations. Half of your time will be spent completing practical skills, case studies and scenarios designed to challenge your decision making abilities. The WMI Adult & Child CPR is included in this course.

The Wilderness First Responder course is pre-approved for 70 hours of EMT Continuing Education Hours (CEH) by the Continuing Education Coordinating Board for Emergency Medical Services (CECBEMS).

Website: <http://www.nols.edu/wmi/courses/wildfirstresponder.shtml>

Prepared By: Laura Bocko

Yoga Therapy

Facilitation Technique/Modality: Yoga

Requirements:

- Completion of Module I and II
- 200 hours of Yoga Teacher Training
- 1 week of advanced Yoga Study within IYT or another accredited school.

Length of Training:

Module Training—1 month +
Internship—1 week

Where:

Stockbridge, MA and Atlanta, GA

Cost:

Module Training-- \$1695

Internship--\$850

Total--\$2545

Website: <http://www.integrativeyogatherapy.com/>