

## APPLICATION THROUGH EXAMINATION PROCESS

Application forms can be obtained from the ABPP Central Office or the ABPP Web site at [www.abpp.org](http://www.abpp.org). Other helpful information can be obtained from the Web site of the American Board of Cognitive and Behavioral Psychology ([www.AACBP.org](http://www.AACBP.org)).

The completed application is reviewed by the ABPP Executive Officer for the applicable degree and licensure requirements. It is then sent to the specialty board Credentials Reviewer who examines it to insure it meets the requirements of the cognitive and behavioral psychology specialty. Assuming a favorable review, the applicant moves to the next phase, the written materials. The candidate is invited to submit written materials and a practice sample to the Practice Sample Coordinator and has one year to complete this process. Usually the sample consists of professional interactions (e.g. a cognitive and behavioral psychology session or supervision of a junior colleague). The Written Material includes such information as client problem(s), relevant history, case formulation, behavioral observations and assessment data, intervention plan, unique aspects of the case, and results and discussion of outcome. The practice sample also includes a video recording (preferred) or audio recording of the professional interaction. candidates whose professional role does not involve treatment or supervision may wish to contact the practice sample coordinator or request a mentor through the President of the American Academy of Cognitive and Behavioral Psychology ([www.AACBP.org](http://www.AACBP.org)) to discuss the nature of their submission. The practice sample is reviewed by the practice sample coordinator to insure quality and appropriateness. Candidates who qualify for the senior examination (at least 15 years of practice following licensure) may prepare a specially tailored practice sample and qualify for a tailored exam.

After the practice sample has been approved, the Examination Coordinator sets up a three-person examination committee at a mutually convenient time and location. Every effort is made to select examiners conversant with the candidate's area of expertise but candidates are expected to be somewhat knowledgeable in other areas of cognitive and behavioral psychology as well. The examination consists of three parts: an examination on the previously submitted and approved practice sample; an *in vivo* practice sample (typically either a client or supervisee); and an examination on ethics, diversity, and professional issues.

The oral examination generally covers the following interrelated competencies: assessment, intervention, science base in application, ethics, multicultural/diversity issues, interpersonal interaction, and professional identity. areas

After the examination is completed, the committee transmits the results to the ABPP Central Office. The Central Office notifies the candidate of the results as soon as possible.

## FEES

- \$125 fee for application and credential review to establish candidacy.
- \$250 fee for the practice sample review and establishment of the oral examination team.
- \$450 for the oral examination.

These fees are due sequentially over the time span necessary to complete all of the candidacy and examination steps. Upon granting Board certification a yearly fee of \$185 is assessed to support the many services of the ABPP and the representation of the organization to the public and the profession. The ABPP is approved by the American Psychological Association to sponsor continuing education for psychologists. The ABPP maintains responsibility for this program and its content. Certified Specialists receive the ABPP publication *The ABPP Specialist*, are part of the on-line Directory of Specialists in Psychology representing ABPP specialists and the availability of specialty services to the public, qualify for reduced professional liability protection, and a number of other benefits (see the ABPP Specialty Certification in Professional Psychology general brochure).

## SENIOR PSYCHOLOGIST CERTIFICATION PROCESS

Psychologists who are in practice for at least 15 years may qualify for certain modifications in the examination process which take into account extensive experience as a Cognitive and Behavioral psychologist. Please contact Central Office if you believe that you may qualify.

### ABPP Central Office

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# SPECIALTY CERTIFICATION IN COGNITIVE AND BEHAVIORAL PSYCHOLOGY



An invitation to apply for board certification in a specialty affiliated with the

**American Board  
Of  
Professional Psychology  
ABPP**

## THE AMERICAN BOARD OF COGNITIVE & BEHAVIORAL PSYCHOLOGY

The American Board of Cognitive and Behavioral Psychology, Inc. (ABCBP) was incorporated in 1987 with assistance from the Association for Behavioral and Cognitive Therapies (ABCT). ABCBP's mission is to certify psychologists at a specialty level of professional competence in Cognitive and Behavioral Psychology, which includes the sub areas of: 1) Applied Behavior Analysis; 2) Behavior Therapy; 3) Cognitive-Behavior Therapy and Modification, and 4) Cognitive Therapy. In 1992, ABCBP became an affiliate board of the American Board of Professional Psychology (ABPP) and currently operates under its guidelines.

### DEFINITION

Cognitive and Behavioral psychology encompasses a variety of behavioral, cognitive, cognitive-behavioral, and social learning procedures. It is empirically based on principles of learning and development, and stresses the importance of observable and private behavior (e.g., cognition). It is primarily present-focused, active in nature, and often carried out in the natural environment.

### CERTIFICATION IN COGNITIVE & BEHAVIORAL PSYCHOLOGY

Board certification assures the public and the profession that the cognitive and behavioral psychologist specialist has successfully completed the educational, training, and experience requirements of the specialty including an examination designed to assess the competencies required to provide quality services in cognitive and behavioral psychology.

Specialties, by definition, are advanced levels of practice including doctoral and postdoctoral preparation.

A description of the general doctoral degree and licensure requirements for certification follows together with the specific requirements of the cognitive and behavioral psychology specialty.

### ELIGIBILITY FOR SPECIALTY CERTIFICATION

#### General Eligibility Requirements

To attain board certification in a specialty an applicant must meet the common eligibility requirements which include:

- A doctoral degree from a program, in professional psychology which at the time the degree was granted was accredited by the APA, CPA, or was listed in the publication *Doctoral Psychology*

*Programs Meeting Designation Criteria.* Applicants credentialed in the most recent directory of the *National Register of Health Service Providers in Psychology* or the *Canadian Register of Health Service Providers in Psychology* qualify as meeting the doctoral degree requirements as well as those holding the Certificate of Professional Qualification in Psychology (CPQ).

- All ABPP candidates in the U.S., its territories or Canada must be licensed as a psychologist for independent practice at the doctoral level in a jurisdiction in the U.S., its territories or Canada.

#### Specialty Specific Eligibility Requirements

The applicant must have completed an acceptable internship program and two years of post-doctoral experience predominantly in cognitive and behavioral psychology. The board recognizes that not all of a candidates experience may be in cognitive and behavioral psychology. The candidate should belong to and identify with one or more of the major professional organizations in cognitive and behavioral psychology.

Supervision is required by recognized experts in cognitive and behavioral psychology during at least the first few years after the awarding of the doctoral degree. This supervision can be in part satisfied by appropriate Continuing Education activities in some aspect of cognitive and behavioral psychology.

Because the practice of cognitive and behavioral psychology is multifaceted, candidates may apply (and be examined) in one of four sub areas. They include: Applied Behavior Analysis, Behavior Therapy, Cognitive-Behavior Therapy & Modification, or Cognitive Therapy. The approaches include operant, respondent, cognitive, and social learning procedures. However, candidates should be at least somewhat conversant in other areas as well.

Candidates should have taken courses and supervised experiences in cognitive and behavior psychology. They should have two letters of reference from supervisors or colleagues attesting to their competency and professional knowledge in cognitive and behavioral psychology accompanying their application when submitted to the ABPP Central Office.

## REQUIREMENTS FOR BOARD CERTIFICATION

Board certification assures the public and the profession that the specialist in cognitive and behavioral psychology has met the education, training and experience requirements, as well as demonstrating the advanced competencies required by the specialty through an individualized, peer reviewed examination.

The examination encompasses the following interrelated domains of professional competency.

#### Assessment

From a cognitive and behavioral perspective, select, conduct, and/or supervise a realistic and scientifically sound assessment of the problem.

#### Intervention

From a cognitive and behavioral perspective, select, conduct and/or supervise relevant, effective, and scientifically-based therapeutic interventions. The choice of interventions should be appropriate to the nature of the problem and/or the results of the assessment.

#### Science Base and Application

A current level of knowledge regarding theory and research is relevant to the practice of cognitive and behavioral psychology assessment and intervention.

#### Supervision and/or Consultation

Many cognitive and behavioral psychologists conduct supervision of students and colleagues and consult with agencies or organizations. The use of cognitive and behavioral principles is important in such practice.

#### Ethical and Legal Applications

The ability to infuse clinical practice and supervision with sensitivity to ethics is very important. This includes awareness of ethical principles adopted by the psychological profession and the implications of the application of these principles in clinical practice. A thorough knowledge of the most recent *APA Ethical Principles of Psychologists*. Applicants are expected to understand how their work impacts individuals from diverse communities.

#### Professional Identification

The candidate demonstrates meaningful involvement with the profession in general and the field of cognitive and behavioral psychology in particular.