



CERTIFICATES IN
NVR THERAPY
OR PRACTICE

Certification and
practicum guide

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PREFACE

Welcome to CNTP's certification and practicum guide. This guide applies to persons who have begun their studies at CNTP on or after April 30, 2024. In case you have completed your course(es) with CNTP earlier, please refer to our [equivalence section](#) or contact us directly to discuss certification for existing graduates.

WHAT DO WE CERTIFY?

CNTP certification attests that its holder has completed CNTP's certification requirements and is seen by us as competent to deliver NVR as a clinical, paraclinical, or non-clinical practice, subject to the ethical and statutory provisions of their field of professional practice, whether therapeutic or other.

Competences

To help assess competence to practice NVR for our training purposes, CNTP has initiated the NVR Competence Inventory, a program for representing the core skill set of NVR therapy and practice. The inventory was initially created by CNTP's leadership based on its own professional NVR expertise and is currently used to inform our training program as well as help assess (as well as self-assess) learning progress. In the near future, CNTP plans to extend list development into a collaboration between as many expert practitioners as possible, in order to create a widely accepted standard of NVR therapy and practice, informed by the ever-evolving nature of the field.

Certificate types

CNTP offers three types of certificates:

1. Certificate of NVR Therapy
2. Certificate of NVR Para-clinical Practice
3. Certificate of NVR Practice

WHOM DO WE CERTIFY?

Certificates differ as to the type of practitioner and the competences involved.

1. **Certificate of NVR Therapy is meant for clinicians.** Examples of clinicians include Clinical psychologists, psychotherapists, clinical social workers, family therapists, psychiatrists, nurses.
2. **The certificate of NVR Para-clinical Practice** is meant for Para-clinical practitioners, i.e. any professionals working in clinical settings, in close ongoing collaboration with or under supervision of clinicians. Examples of these include lived experience practitioners working in clinical settings (LEPs), residential treatment frontline workers, foster home support staff.
3. **The NVR Practice Certificate is meant for:** Practices that do not fall under the domain of mental health professionals. Examples include probation officers, K-12 educational staff, school principals, law enforcement officers, residential youth workers, foster parents, and lived-experience parent coaches working in non-clinical settings.

CERTIFICATION REQUIREMENTS

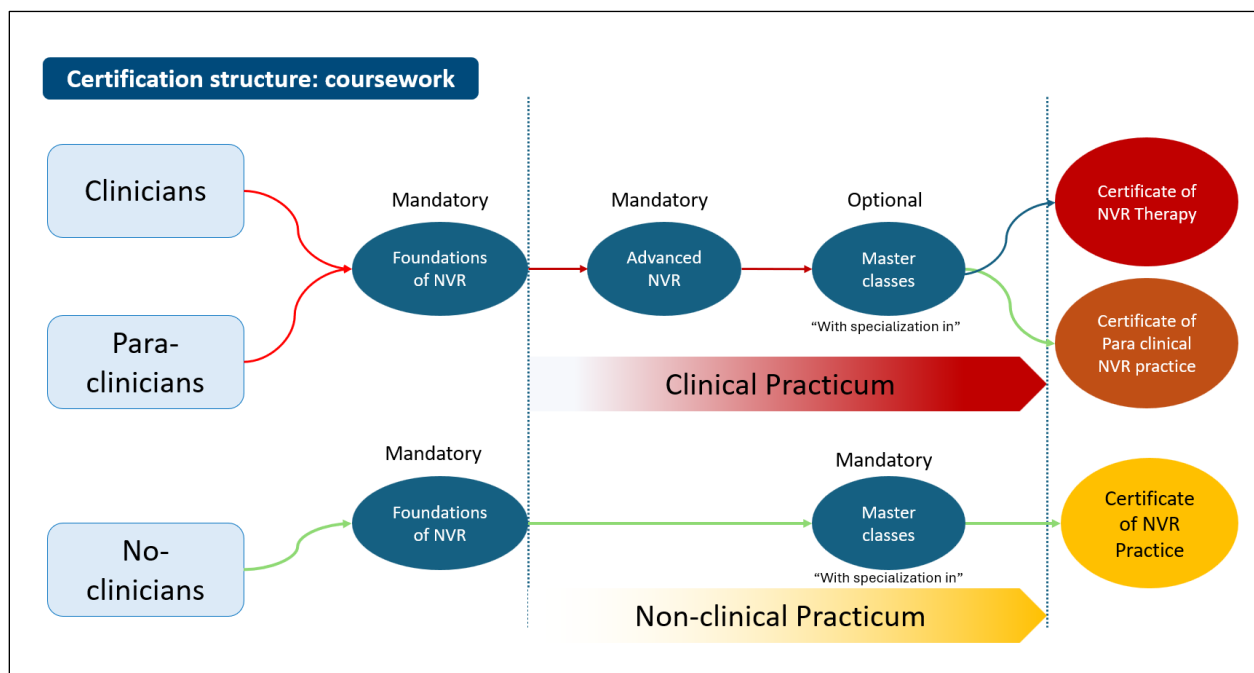
Eligibility for CNTP certification consists of academic and practicum requirements and depend on whether you are a clinical, a para-clinical or a non-clinical practitioner (see below tables).

Academic Requirements:

	Clinical	Para-clinical	Non-clinical
Foundations of NVR course	Required	Required	Required
Advanced NVR	Required	Required	Not provided
Master class(es)	Optional	Optional	Required, in area of professional activity

Practicum requirements:

	Clinical	Para-clinical	Non-clinical
Written case submission	Required	Required	Required
Client Contact hours	40 hrs	40 hrs	N/A
Guided practice - Individual	15 hrs ¹	15 hrs ²	N/A
Guided practice -group	10 hours	10 hours	10 hours
Reflective practice	12 hrs	12 hrs	N/A



¹ 10 of the 15 individual guided practice hours are concurrent with the 40 contact hours.

MORE INFORMATION ABOUT CERTIFICATION REQUIREMENTS

For Clinical and Para-clinical Practitioners:

Academic requirements

Complete CNTP's Foundations of NVR and Advanced NVR courses. Master classes are optional. Participants taking master classes will receive acknowledgement in the form of "*Certification of NVR Therapy with a specialization in [...master class topic]*".

Practicum requirements

Complete the CNTP practicum, consisting of:

- **Guided Contact hours**²: Complete 40 guided (supervised) NVR contact hours with at least 2 different clients.
- **Individual guided practice**
 - At least 10 hours of the 40 contact hours consisting of live NVR work attended by a CNTP-accredited practice guide³.
 - At least 5 hours of individual offline guided practice by one or two CNTP accredited practice guides.
 - The best interest of the client will be considered when deciding how many different clients will be involved in observation and live practice guidance.
 - Individual offline guided practice hours can be attached to sessions (e.g. 2 X 30 minutes of individual offline, preceding and following 1 hr of live work or observation)
- **Group guided practice (10 hrs)**
- **Reflective practice course**: Complete CNTP's certification-related reflective practice course 2 days X 6 hours). **Written Case submission requirements**: Submit one 2,000 word description of a case you were guided in, and present this case in the group guided practice.

For Non-clinical Practitioners:

Academic requirements

Complete CNTP's Foundations of NVR and at least one master class related to the candidate's field of professional work.

Practicum requirements

Complete the CNTP Practitioners practicum, consisting of:

- **Group guided practice (10 hrs)**: sessions of group guided practice

² Contact hours are defined as time spent in direct contact between the therapist and the client(s) in the active process of therapy or paraclinical practice that can be guided (supervised) through any type of in-person or virtual/electronic means. Activities such as scheduling, case planning, observation of a therapy recording (as opposed to live observation which can indeed simultaneously count as contact hours), documentation, community consultation, etc. are not considered direct client contact.

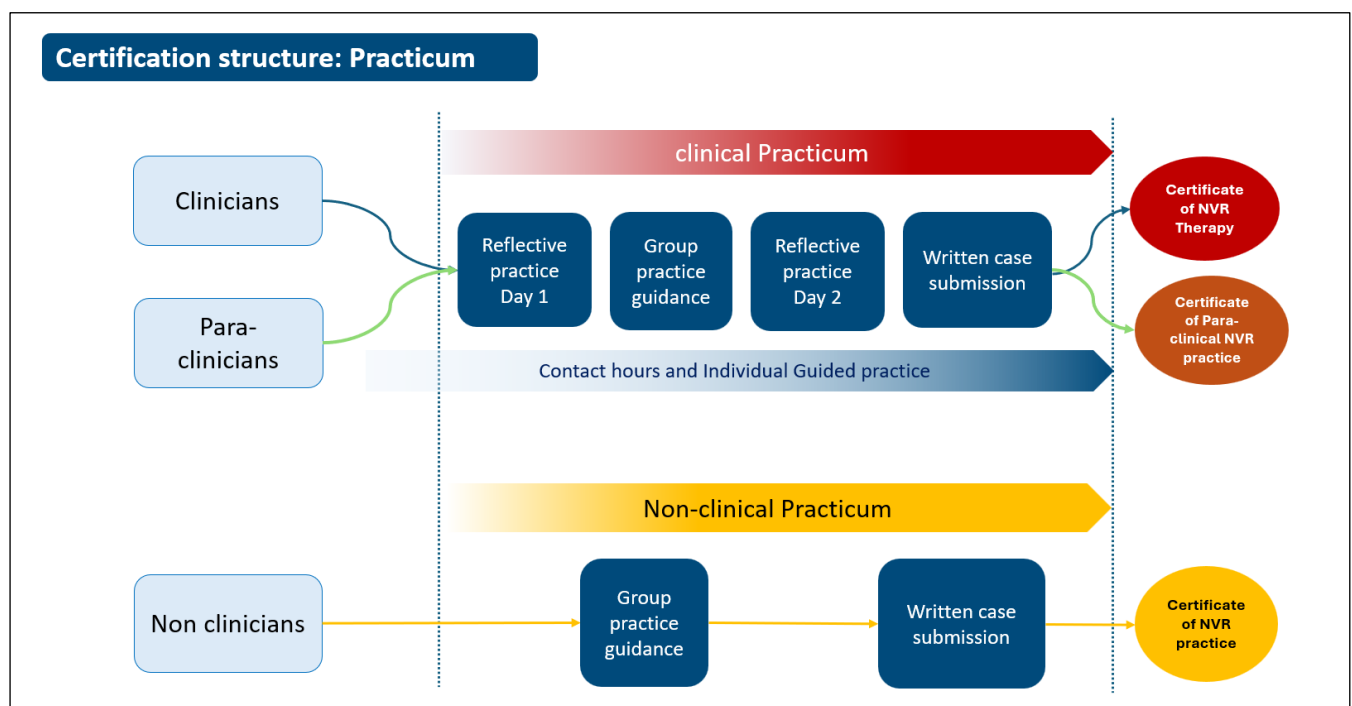
³ See [practicum section](#) below for more details on Practice Guidance (supervision).

- **Written Case submission:** Submit one 2,000 word description of an NVR-related case or project you were involved in.
- **Case Presentation:** present the written case during a guided group practice meeting.

CERTIFICATION TIMEFRAME

Progress toward certification will largely depend on cohort availability. We require participants to complete certification in less than 4 years.

PRACTICUM INFORMATION



Depending on the certificate type, CNTP's practicum may consist of any or all of the following activities: reflective practice, group and individual guided practice, and a written case submission.

Reflective practice days (for certification)

Reflective Practice days provide an opportunity for reflection by participants on their development of NVR competences in a supportive and formative cohort group. CNTP's certification process for clinicians and para clinicians involves 2 X 6 hour days, one at the beginning and one at the end of the practicum.

CNTP Guided Practice

In the context of CNTP's training approach and process, guided practice is the activity of assisting a CNTP participant to become NVR Practitioners in the course of their working with clients. Guided Practice shares some characteristics with supervision, however we prefer this term over supervision because it

connotes more equitability and collaboration both in the spirit of NVR and in consideration of the mature professional climate of a continuing education program such as ours.

Within this definition, CNTP guided practice aims to achieve the following goals:

- Facilitate the participant's transition to autonomous NVR practice by enhancing NVR skill, competence and knowledge
- Integrate NVR skills into existing practice
- Reflect on NVR as a personal journey
- Learn to work with the self of the NVR therapist / practitioner
- Develop the ability to support and be supported by peers
- Maintain a safe and nurturing learning environment based on dialog, humility, trust, collaboration, inclusivity and hope.

Guided practice settings and formats

Individual Guided Practice can take place either in real time, when the Practice Guide and the Participant meet together with the family (Live Guided Practice), or during dedicated meetings between the Practice Guide and the Participant, when clients are not present (Offline guided practice), based on meeting notes or video recordings obtained upon the participant's informed consent (For Clinical and Paraclinical participants).

Group Guided Practice can include up to 10 participants, or 6 in Certification cohorts.

Both individual and group guided practice can be obtained independently of the certification program; however, the hours can count toward certification if wanted.

The Guided Practice process:

CNTP's Accredited Practice Guides

CNTP's Accredited Practice Guides are persons accredited by CNTP to accompany Participants on their journey by:

- a. providing live or off-line consultation and guidance on case work (Clinical and Paraclinical)
- b. conducting reflective practice days (clinical and para-clinical)
- c. evaluating whether a candidate has acquired the competences required to deliver NVR interventions as a therapist or another type of practitioner respectively.
- d. supporting the participant in the development of use-of-self in the therapy or practice context

CNTP's Accredited Practice Guides currently include:

- Dr. Peter Jakob
- Dan Dulberger
- Mary-Jo Land

Submitting case descriptions and meeting summaries:

Clinical and Para-clinical practitioners will submit case descriptions for their individual work with clients. Written consent from the clients will be provided to the Practice Guide and retained in the record of the Practitioner. Practice Guides and Practitioners will retain notes on these individual meetings to be part of the record for Certification.

Written Case assignment submission and assessment:

All participants enrolled in the Certification Program will be required to submit a 2000 word description of a body of work with one client / family / or cohort of people (non-clinical participants). These cases will be presented to others in a group guided practice for reflection and discussion. Additional guidelines, a template for format and assessment will be provided at the outset of certification program registration.

GRANDPARENTING AND EQUIVALENCE POLICY

Participants who have received training and consultation and feel that they have already developed some level of NVR therapy and practice competence, may apply for consideration for equivalence or certification grandparenting.

Equivalence is the determination of prior training, consultation, experience, and competence in lieu of part of the certification process.

Grandparenting is the determination of prior training, consultation, experience, and competence that meets all requirements for certification.

CNTP will consider four components while addressing applications for external equivalence or grandparenting:

1. **Academic equivalence** - didactic learning in workshops, training courses and conferences
2. **NVR work experience** - years of NVR practice, number of clients, setting, supervision received⁴.
3. **Competence** - applicants applying for equivalence to both Foundations and Advanced NVR must complete a self-rating of their competence based on the CNTP competence list for NVR Therapy and Practice.
4. **Assignment** - Those wishing to apply for grandparenting must, in addition to 1-4, submit a case description (2000 words) and present this case to the CNTP directors for discussion.

Applicants for equivalence are requested to provide:

1. Certificates of completion of didactic learning. Emphasis will be on most recent course work.
2. A CV that elucidates clinical or other practical experience using NVR.
3. A reference from a recognized NVR practitioner, specifying hours of supervision, types of supervision and subject areas of supervision. CNTP will in most instances wish to talk with your supervisor.
4. (When applicable) A written reflection on their self-evaluation of NVR competences as developed by CNTP.
5. Those applicants who are requesting grandparenting (Certification as a NVR Therapist and Practitioner) must also submit a case description (2000 words) and present this case to the CNTP directors for discussion.
6. A cover letter.

⁴ Guided practice must be with a recognised NVR Practitioner. Number of hours in individual and group supervision, types of clients and setting will also be considered.

Appealing CTNP's decision

Applicants not agreeing with the CNTP's decision regarding equivalence granting, can review the process with CNTP directors. The final decision on granting equivalence remains with CNTP directors.

The fee for the application for equivalence or grandparenting is \$500.00. CAD.