

LI Certification Criteria for UK

During the LI certification process clinicians acquire an in-depth understanding of Lifespan Integration therapy, including how to make individualised LI treatment plans and how to most effectively use all LI protocols. The certification process requires candidates to undergo their own LI therapy to enhance their overall coherence and their ability to regulate their own emotions. When therapists have met the requirements for certification, they will be listed as certified on the official LI website, and can also advertise as certified. Certified LI therapists can, and are encouraged to offer LI treatment to clinicians going through the LI certification process.

LI Certification Process:

Therapists who have completed Levels 1 and 2 of the LI training who wish to become certified in LI are encouraged to choose:

- 1) A certified *LI therapist with whom they will do their personal LI therapy,
- 2) One of the current LI supervisors (who agrees to be their primary consultant), and
- 3) A second LI consultant, preferably with experience in the candidate's area of specialisation.

Once these relationships are established, the candidate should express their intent to go through the LI certification process by filling out the application found in the Members' section of the LI website. To find the application for certification, login to the Members' section of the LI website, then click the "Resources" tab. (LI therapists who have completed both Levels 1 and 2 can request a username and password to login to the members' section of the website. The form to request login info is listed on the home page of the international website, LifespanIntegration.com, under the "Therapists" tab.)

As part of filling out the certification application, the candidate gives permission for the LI consultants and the candidate's certified LI therapist to discuss the candidate's readiness for certification. The details of the candidate's personal LI sessions remain confidential and are not part of this discussion.

The following information is current at the time of this publication. Please login to the Lifespan Integration website members' section and look under "Resources" for any updates.

*** Candidates for LI certification will receive their own LI therapy from a certified LI therapist:**

- The LI Therapy process begins with LI assessment and treatment planning. After the initial sessions of Baseline Protocol, the certified LI therapist will review with the candidate the proposed LI treatment plan and approximate timescale.
- The LI treatment plan for candidates for LI certification will involve working through all of Stage I and Stage II until the criteria are met for moving to Stage III. These criteria are detailed in "LI Treatment Planning" found in the Level 2, 3 and 4 manuals. These criteria are further explained in "Theory of Core Self" in the Level 2 manual. When these criteria have been met, as assessed by the certified LI therapist, the candidate is determined to have a "solid enough core self" to be an effective LI therapist.
- The candidate will then experience any Stage III Protocols that have not yet been worked with, but "finishing" Stage III is not required for certification.

NOTE: Candidates for LI certification should request that they receive pure LI protocols within an LI treatment plan when they establish a relationship with a certified LI therapist. Be aware that sessions that are not LI protocols will not count toward LI certification. Sessions that use repetitions of a timeline of the previous week along with a sentence are NOT LI therapy. If a certified LI therapist starts doing sessions other than the LI protocols learned in LI trainings, then the candidate for LI certification is encouraged to seek another certified LI therapist for their certification process.

Candidates for LI certification will be experienced LI therapists as defined by:

1. Candidate has completed all Levels of LI training available at the point they are certified as well as any required updates.
2. Candidate has received regular consultation throughout the certification process from two or more approved LI consultants to deepen their understanding and their ability to effectively use LI with their clients - typically 10 sessions of individual or group consultation per year.
3. One of the candidate's LI consultants is designated as the primary consultant and is also a current LI trainer.
4. Candidate participates actively in a therapy practice, using LI with their clients ideally for a minimum of one year after taking the Level 4 training, and must use LI with a minimum of 5 clients per week.
5. The candidate demonstrates over time that they have taken a minimum of 2 clients through all three Stages of LI therapy. Further, the candidate demonstrates that they understand and can use all current LI protocols.

Once all of the above criteria have been met (including the criteria for their own LI therapy), the primary consultant gives the candidate a certification test. During this test the candidate must demonstrate sufficient understanding of all current LI protocols, LI assessment, and LI treatment planning.

If any significant gaps in understanding are identified during the certification test, the candidate must follow the recommendations of the primary LI consultant to fill the gaps before taking the certification test again.

Renewal of Certification

LI certified therapists are required to renew their certification every two years. The first renewal cycle will be September 30th, 2024, and then every two years after that on September 30th. This will help to ensure that all certified therapists remain up to date with current LI theory and practice.

To remain certified in LI, therapists will:

- Continue to engage in LI CPD's and supervision with certified LI supervisors
- Receive any updates regarding any changes to LI. This could include experiencing any LI protocols currently being taught which have not previously been experienced.

- Maintain an active therapy practice, using LI with a minimum of 5 clients per week.
- Give pure LI (as taught and in the manuals) to clients coming to you for LI, particularly therapists training in LI.