

Candidates for certification must be experienced LI therapists.  
To qualify for certification, candidates must:

- 1) have completed or repeated Level 2 after January 2009\*,
- 2) have received ongoing consultation with two or more LI consultants:  
a minimum of 12 individual 60 minute consultations throughout a minimum of one year after completing the Level 2 LI training,
- 3) have done their own personal LI therapy with a certified LI therapist
- 4) participate actively in a psychotherapy practice, seeing a minimum of 10 clients per week, and
- 5) use LI with over 50% of their clients

\*Beginning in 2017 the basic LI training will be a three part training. The new Levels 2 and 3 include what was formerly taught in Level 2 before 2017, and add practices. If Level 2 was completed under the old system prior to January 1, 2017, the candidate is not required to take Level 3. Beginning in 2017, all three Levels of training will be required for certification.

### Criteria determined by consultants

1. Ability to perceive and appropriately respond to the self states and emotions of others (not activated by client's pain)
2. Able to establish a comprehensive treatment plan
3. Good understanding of all the LI protocols
4. Ability to accept one's difficulties, to ask for help, and to accept feedback from LI consultant.

Candidates must experience their own LI sessions from a certified LI therapist as specified below.

The process begins with the candidate experiencing three Attunement sessions. After these 3 sessions the administering therapist estimates to the candidate how many more structure building sessions might be needed.

**Note:** Some therapists, especially those who experienced their own early trauma and breaches in early attachment, will require more than 3 sessions of the LI Attunement protocol in order to meet the criteria for internal coherence required for certification. Certified therapists new to this process will consult with one of the approved LI instructors in their country regarding how to determine what is "solid enough" to pass.

Candidates will need to experience each of the following LI protocols (not necessarily in this order):

- Three (minimum) Attunement sessions – more if needed to build a “solid enough” core self
- One talk session after the 3 sessions of Attunement – At this talk session the therapist will give the candidate an estimate of how much therapy will be needed to pass the “solid core” requirement. This is an estimate, not a guarantee.
- Attachment repair for at least one developmental stage (therapist can choose what stage to target)
- Baseline protocol
- Standard protocol using affect bridge from present
- Standard protocol for a chosen trauma using expanded cues
- Standard protocol to a childhood memory for purpose of building relationship with adult self (attachment repair version of SP)
- Birth protocol
- PTSD protocol
- Script clearing protocol

It will take 12 sessions to complete this list with the minimum of 3 attunement sessions. As stated above, 12 sessions is the **minimum**. Many therapists will need more than 12 sessions. Therapists who don't have the actual 'need' to experience some of these protocols will still be required to experience the required sessions. For example: many therapists will not have a traumatic event to process with the PTSD protocol. In the case of PTSD, to learn how it is done, each therapist will choose some fairly recent event to work on using the PTSD method, whether or not the therapist has PTSD symptoms, and even if the event was not traumatic.

Certified therapists who are new to this process will need to consult with a more experienced consultant or with a LI instructor regarding how to determine when the candidate is “solid enough” to be approved.

### Indicators of a solid enough core self – determined by therapist

1. Acceptance and compassion for all parts of self
2. Able to recognize one's own difficulties and ability to be vulnerable
3. Ability to fluidly transition between self states (as from adult self to infant self and back)
4. Coherence between the nonverbal (what therapist sees in client's body and expression) and what the person is saying.
5. A coherent time line of chronological memory cues without gaps. Candidate experiences memories:
  - A. From the body and perspective of the child self
  - B. Including sensory memories: smells, sounds, tactile sensations
  - C. More details of memories and more memories emerge with repetitions