

LI Certification Criteria for US and Western Canada

Therapists who have completed LI Level 2 training, and who wish to become LI certified, are encouraged to first establish a relationship with their LI certified therapist, their primary approved LI consultant (who is also a current LI instructor), and their secondary approved LI consultant. 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 Therapists' section of the LI website. As part of filling out this 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.

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.¹
- 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 are met, as assessed by the certified LI therapist, the candidate has met the criteria for "solid enough core."
- When the certified LI therapist determines that the criteria for "solid enough core" have been met, they notify the candidate's primary LI consultant.
- 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.

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

1. Have completed all Levels of LI training available at the point they are certified as well as any required updates.
2. Have 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 instructor.

¹ The process to develop "solid enough core" may take up to 1-2 years for those who have experienced early trauma, neglect and breaches in attachment. The same process of treatment that the clients experience will be used with therapists working towards LI certification, there are no short cuts.

4. Participate actively in a counseling practice, seeing a minimum of 10 clients per week and using LI with a minimum of 5 clients per week, and practicing LI a minimum of one year after taking the Level 4 training.
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.
6. Once all of the above criteria have been met (including the criteria for their own LI therapy and having “solid enough core”), 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.
7. If any significant gaps in understanding the LI process are identified during the certification test, then the candidate must follow the recommendations of the primary LI consultant to fill the gaps before taking the certification test again.