

NATIONAL ANGER MANAGEMENT ASSOCIATION (NAMA)

ANGER MANAGEMENT SPECIALIST-II CERTIFICATION

CAMS-II



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PREFACE

This document defines the role, purpose, functions and responsibilities of Anger Management Specialist-II and establishes a fair methodology for evaluation of competency. The credential defines minimum acceptable knowledge and skills for Certified Anger Management Specialist-II (CAMS-II) to ensure they meet a nationally acceptable standard of competency.

Competency Based - This professional, voluntary certification system is competency based, meaning that the minimum standards for CAMS-IIs are the knowledge and skill base identified for the profession. The competencies are specific to anger management counseling, thus distinguishing this profession from other mental health/human services professions.

Experience Based - NAMA realizes that a person may take a number of avenues to acquire the minimum anger management counseling competencies. An essential avenue is work experience showing the professional actually practicing these competencies.

PURPOSE

Mission – To protect the public by providing competency-based credentialing of Anger Management Specialists.

- To improve the quality of life for the public
- To cut tax dollars spent on problem anger management
- To build public confidence in anger management services ability to work with problem anger
- To ensure quality to the consumer of anger management counseling services
- To open doors to new professional opportunities for mental health professionals

RATIONALE

The National Anger Management Association (NAMA) endorses the concept that treatment of anger management is a specialty field that requires performance by competent and professional individuals. The standards for certification are weighted on the side of proven competency, experience and education.

NAMA PHILOSOPHY STATEMENT

The evidence is conclusive that dysfunctional anger management is highly correlated with domestic violence, substance use/abuse, criminal behavior and criminal involvement. Mental health providers, including professional counselors, chaplains, certified coaches, educators, social workers, psychotherapists, psychologists, pastors, social workers, psychiatrists, substance abuse and other mental health counselors, share a responsibility to assist dysfunctional anger management. This shared responsibility led to the development of a certification process for Anger Management Specialist-IIs.

Certain knowledge areas and skills are required to provide effective treatment and case management services to individuals involved in dysfunctional anger management. CAMS-IIs must demonstrate the ability to provide effective services including identification, assessment, case planning, case management and advocacy. They must also demonstrate competency in linking with other treatment and mental health providers.

The overlap of roles and responsibilities has resulted in greater communication and interdependence among treatment professionals. The development of a certification for Anger Management Specialist-IIs is designed to strengthen the supervision and rehabilitative potential provided by the national mental health systems.

INTRODUCTION

CAMS-IIs fill a unique role among health and human service professionals, working in a variety of settings, utilizing numerous treatment perspectives and recognizing the need to ensure quality care for consumers. NAMA designed this voluntary credentialing system for treatment professionals who provide services to adult, couples and juvenile dysfunctional anger management problems. The demonstrated link between dysfunctional anger management, domestic violence, substance use/abuse, criminal behavior and criminal involvement has resulted in the development of this credentialing process.

NAMA realizes that CAMS-IIs are educated in a wide range of disciplines including, education, addictions, social work, mental health, psychology and other mental health disciplines. The certification defines the roles and functions of Anger Management Specialist-IIs, and assesses an individual's ability to provide quality treatment and case management services to individuals, couples and juveniles involved.

The certification process is designed to accommodate and evaluate those who are both experientially trained, as well as academically trained. It sets a baseline standard for treatment professionals working in any clinical counseling setting when providing an array of services. Certification provides a professional credential that can guide employers in selecting competent staff and sets the direction for further professional growth.

DEFINITION AND SETTING

The CAMS-II certification was developed for treatment professionals working with the dysfunctional anger management populations. The setting in which the required number of work and supervised hours must be met is defined as: any setting that provides programs, counseling, service coordination, behavior management to adults, families, couples or juveniles.

REQUIREMENTS FOR CAMS-II CERTIFICATION

The following chart details the minimum requirements for certification based on work experience, supervised practical experience, and training/education:

Degree/License/ Certification Level	Required Work Experience	Hours of Experi ence*	Hours of NAMA CEUs**	Required Examination
CAMS-I plus a Mental Health State License Or Other Recognized Certification (e.g. CADAC)	Six months (500 hours) qualified anger management experience	N/A	5	NO
CAMS-I + Master's	One year (1,000 hours) qualified work experience in the past three years	50	50	CAMS-II Examination
CAMS-I + Bachelor's	Two years (2,000 hours) qualified work experience in the past four years	100	100	CAMS-II Examination
CAMS-I + Associate's	Three years (3,000 hours) qualified work experience in the past five years	150	125	CAMS-II Examination
CAMS-I + HS Diploma / GED	Four years (4,000 hours) qualified work experience in the past six years	200	150	CAMS-II Examination

* See the National Anger Management Association (NAMA) CEU Information document.

** Minimum of three units of ethics education is required.

HOW TO APPLY

Anger Management Specialist-II Certification will be granted contingent upon documentation of eligibility, submission of all required application material, successful completion of the CAMS-II examination and payment of all fees. The following outlines the application, review and approval process.

1. Read the National Anger Management Association (NAMA) CEU information document.
2. Complete all parts of the application. Print legibly or type application, and be sure to include all required attachments.
3. Attach all required documentation to support employment and education (i.e. current job description, official transcripts, copies of training certificates, and letters of attendance / participation).
4. A current job description is required and must be on agency letterhead, dated and signed by the applicant and supervisor and must reflect the applicant's actual job duties and responsibilities.
5. Sign and date the NAMA Code of Ethics.
6. Verify the completeness of the application by using the CAMS-II Application Checklist included with the application.
7. Completed application materials must be Faxed or emailed to: NAMA, 646-390-1571 or namass@namass.org. **Applications will ONLY be accepted by FAX or email.**

Review of Materials

Upon receipt, the application and materials will be screened by NAMA for completeness and correctness. The results may be one of the following:

Application Approved – The application meets all certification standards. The applicant must now pass the written exam to meet the requirements for certification.

Application Pending – Some materials need clarification, submission or resubmission of any part of the application. The applicant will be notified in writing of the problem(s). **Within one year of the application date, corrected materials must be submitted to NAMA or the application will be destroyed resulting in reapplication.**

Application Denied – Certification standards were not met resulting in denial of application.

CERTIFICATION EXAMINATION

NAMA offers the CAMS-II examination to qualified applicants. Applicants will be notified within 7 days as to whether or not they are eligible. The CAMS-II Examination must be requested by email (namass@namass.org) at least 1 day in advance of the time you schedule yourself for taking. The Exam will be sent as an attachment to your email address. Once you NAMA has sent the Exam you have ONLY 24 hours to complete the Examination. You must FAX or email the completed Exam back to NAMA for final processing.

The development of a valid examination for the certification process begins with a clear and concise definition of the knowledge, skills and abilities needed for competent job performance. The test is based on what the Anger Management Specialist-II does in practice. The knowledge and skill bases for the questions in the examination are derived from the actual practice of the CAMS-II. Multiple sources were utilized in the development of questions for the examination. The examination is comprised of True and False questions and each question is linked to the performance domains as well as the knowledge and skills identified for each domain.

APPLICANTS MAY BE EXEMPT FROM THE EXAMINATION BY THE RECOMMENDATION OF A NAMA APPROVED SUPERVISOR OR CONTENT PROVIDER.

FEE STRUCTURE

Application Fee	\$150.00
Extension Fee (per month - maximum six months)	\$10.00
Returned Check Fee	\$35.00

All fees are non-refundable. The fee schedule is subject to change without notice.

CONTINUING EDUCATION UNIT (CEU) INFORMATION

Definition of CEU

One CEU = one contact unit of participation in an organized continuing education/training experience provided by a NAMA Authorized Supervisor (CAMS-III) or a NAMA Authorized Basic Content Provider (CAMS-IV, V).

Definition of Contact Unit

One contact unit = A NAMA designated and approved unit of interaction between learner and instructor or between learner and materials which have been prepared by a NAMA Authorized Supervisor (CAMS-III) or a NAMA Authorized Basic Content Provider (CAMS-IV, V) to bring about learning.

Please Note: *Contact implies a connection between a learner and a learning source. For the purpose of the CEU, that connection is two-way. The instructor or learning source must monitor the learner's progress and provide some form of feedback to the learner. This definition and requirement apply to face-to-face interaction as well as distance learning programs.*

Calculation of Contact Units for Distance Learning

Self-paced programs include learning programs in which participants progress at their own pace. NAMA will determine the approved number of contact units upon review of Program developers Application. Program developers must apply for NAMA approval of all learning programs for CEUs.

What Can Be Counted

The following learning activities are examples of types of activities to include when calculating contact units for CEUs:

Classroom or meeting session time led by an approved basic content provider and/or supervisor; activities in which a participant is engaged in a planned learning program in which their progress is monitored and the learner receives feedback. (Examples include, but are not limited to, phone or Skype sessions, independent study, computer-assisted instruction, web based learning, and planned projects.)

What Cannot Be Counted

While unplanned and unsupervised activities may produce worthy learning and are occasionally recognized by other the professions and licensing boards, they do not meet NAMA's requirements for CEUs with the exception of NAMA Conference events. The following activities do not qualify for CEUs. Association membership and leadership activities, Committee meetings, entertainment and recreation; Mass media learning programs (i.e., through television, radio, newspaper)

Validation of Continuing Education

CAMS-IIs must document they have obtained CEUs and submit the appropriate validation for each educational experience. Acceptable validation (documentation) will be as follows:

- Certificates or other proof of completion for NAMA recognized trainings or events.
- Transcripts or other official grade reports for college or university courses.

INACTIVE STATUS

Inactive status will result for the following:

- **Failure to Renew Annual Active Status Membership**
- **Ethics violation**

Notification Procedure for Inactive Status:

NAMA will give CAMS-IIs email notice at least 30 days before the certification expires. It is the CAMS-II responsibility to maintain a deliverable email address on their NAMA Online Directory Profile.

All requests for reinstatement must be made in writing to NAMA. Telephone inquiries will not be accepted. A written response will be emailed to the member.

APPEAL PROCESS

When an applicant is denied certification, questions the results of the application review, questions examination results or is subject to an action by NAMA that the applicant deems unjustified, he or she has the right to inquire and appeal. If, after having been provided an explanation or clarification of the action of NAMA, the applicant (complainant) still thinks that an action taken is unjustified, he or she may appeal. The complainant may appeal the decision within 30 days of receipt of the notice of denial, or any other action deemed unjustified, by sending a certified letter to the NAMA, 2753 Broadway, Suite 395, New York, NY 10025.

If applicants wish to appeal their examination scores, they must submit a written request and fee to NAMA within 30 days of receiving the examination score.

DISCIPLINARY REVIEW PROCESS

CAMS-IIs hold a unique position of trust and responsibility and must be aware, at all times, of the ethical requirements imposed on them as a result of this special position.

NAMA has established a “disciplinary review process” that provides an avenue through which complaints can be filed about ethical conduct of an NAMA certified anger management specialists or an applicant to the NAMA certification system.

CAMS-II PERFORMANCE DOMAINS

NAMA has identified five performance domains for the CAMS-II professional. Each domain identifies several tasks that provide the basis for questions in the examination. Following is a listing of the domains and associated task statements.

Domain 1: Client and Community Education

Statement 1: Provide relevant education to the client through formal and informal processes to introduce specific knowledge to support the dysfunctional anger management treatment process.

Statement 2: Provide relevant education and consultation to the community (e.g., legal system, schools, financial community, legislators, health care community) through formal and informal processes to introduce specific knowledge of the problem and pathological anger management, resources available and opportunity for community involvement.

Domain 2: Intake and Assessment

Statement 1: Orient the client to the program by explaining goals, philosophy, costs, expectations, rights and responsibilities, etc., to obtain the client's informed consent to proceed with assessment and/or treatment.

Statement 2: Using interview and assessment techniques, determine the nature and severity of the client's anger management problems and behaviors to determine appropriate treatment.

Statement 3: Using interview techniques, gather relevant information from the client to obtain current status and history.

Statement 4: Recognize signs and symptoms of client co-morbid disorders and/or medical conditions using interview and testing techniques to provide or refer for appropriate concurrent treatment.

Domain 3: Anger Management Treatment

Statement 1: Construct client's treatment plan with the client's participation and concurrence to establish the sequence and content of interventions toward treatment goals.

Statement 2: Conduct individual, family and/or group anger management program using established anger management skills, concepts and techniques to address treatment goals appropriately.

Statement 3: In collaboration with the client, regularly evaluate progress relative to individual treatment goals to modify the treatment plan, as necessary.

Statement 4: Prepare clients and significant others to anticipate, avoid and cope with situations and conditions that could lead to relapse by identifying triggers and formulating strategies to support progress toward treatment goals.

Statement 5: Develop plans for the client's program completion or continuing care through negotiation with the client to achieve goals.

Statement 6: Intervene, when necessary, in crisis situations with clients or significant other to prevent, resolve or cope with the crisis by utilizing necessary and appropriate resources and identifying and teaching new skills.

Domain 4: Case Management

Statement 1: Coordinate services throughout the assessment, treatment program and follow-up processes by involving appropriate individuals and agencies (e.g., legal, social, financial, health care, vocational) to match resources to client needs.

Statement 2: Monitor the client's level of care on an ongoing basis to ensure the appropriate type and extent of services by reviewing client's current condition and progress toward treatment goals.

Statement 3: Advocate for the client's interest by interacting with appropriate individuals and agencies to promote the goals of the treatment process.

Domain 5: Professional Responsibility

Statement 1: Adhere to the professional code and ethical standards by acting in accordance with its guidelines to safeguard the best interest of the client.

Statement 2: Adhere to all private, stated and other government agency requirements by recording in the client's case record regular summaries of significant contacts and clinical information to document the types of interventions involved and the client's responses.

Statement 3: Make regular reports, either written or verbal, to supervisors or other monitoring agents to review client progress relative to treatment goals and recommend necessary changes.

Statement 4: Seek consultation from supervisors and other qualified sources by recognizing when problems beyond the counselor's immediate knowledge and competence are encountered to work in the best interest of the client.

Statement 5: Establish a continuing learning plan directed to obtain further education and training to maintain competence in professional activities by taking formal academic courses, attending lectures, workshops and conferences and otherwise keeping abreast of current literature about advancement in Anger Management and Domestic Violence.

Statement 6: Tailor services by addressing the needs of diverse populations (e.g., gender, age, sexual orientation and cultural issues) to maximize the effectiveness of professional services.