February 1, 2017

President and Board of Directors  
Society of Behavioral Sleep Medicine

RE: Executive Summary Taskforce on Credentialing Criteria

Dr. Michael Schmitz and Board Members,

The Task Force on Credentialing Criteria for formed in September 2016 and given the following mandate by the SBSM Board of Directors:

A. Develop a multidisciplinary BSM certification plan to advance the mission of the SBSM and field of BSM with consideration of current discipline-specific certification efforts and previous CBSM certification criteria.

B. Develop recommendations about single vs. multi-level certification.

C. Develop training and supervision requirements for certification(s).

D. Make preliminary recommendations for establishing an examination process for certification to be administered by a separate certification board or entity.

It is my pleasure as the chairman of this task force to summarize the group’s accomplishments to the board of directors. As a basis for our criteria we began by examining requirements previously advanced by our predecessors in BSM for the CBSM exam sponsored by the American Academy of Sleep Medicine. These criteria were viewed in light of the changes that have occurred in the society and the overall consensus that the SBSM should be a multidisciplinary organization. To this end the committee expanded the eligibility for the CBSM examination to include both Masters and Doctoral level applicants. At the recommendation of the BOD the task force focused on one examination in lieu of multilevel certification. As a safeguard to the integrity of the highest examination in the field of BSM, the committee chose to strengthen both the prerequisite didactics as well as the experiential component of the qualifications. After thorough consideration, it was felt that elaborating the boarding process would be beyond the scope of the committee.

At our last meeting in January 2017 we felt as though we had reached a fair compromise between inclusivity and rigor regarding qualifications for applicants. Attached is the final version of the criteria proposed for eligibility for the Certificate in Behavioral Sleep Medicine examination. We eagerly await the feedback from the board of directors regarding their satisfaction with the final product.

Sincerely,

Donald R. Townsend, PhD, LP, CBSM  
Diplomate, American Board of Sleep Medicine