

Supervisor's form for the CBT Certificate

Thank you for taking the time to look over this contract.

For the CBT training to be effective those undertaking it will need to receive appropriate supervision. We require the signature of a supervisor on this form before a student can be accepted onto the programme of study. In signing the form you agree to meet the needs of the trainee which are documented below:

Trainees will be required to source suitable clients for the training, which are individuals experiencing depression and anxiety disorders of a mild/moderate level of presentation. Your guidance as to suitability is paramount.

Do you agree to support the trainee to access appropriate training cases: Yes/ No

Trainees will need to achieve a minimum of 100 hours of clinical practice.

Do you agree, where possible, to support the individual to meet this criterion: Yes/ No

The trainees will be expected to write 2 case reports, one for a client with depression and one for a client with an anxiety disorder taught on our programmes. These are; Panic Disorder, Specific Phobia, Health Anxiety, OCD, Social Anxiety Disorder, PTSD, GAD and Agoraphobia. The trainees will obtain 5 hours of supervision related to each case report (the client must have been brought to supervision a minimum of 5 times). Trainees will require a minimum of 10 hours of BABCP accredited supervision as a requirement. They will also need to continue with caseload supervision undertaken with an appropriate line manager.

Do you agree to support the individual to meet this criterion: Yes/ No

Trainees will need to meet each client for a *minimum* of eight sessions and at least some cases they will need to see a client for the number of sessions suggested by the evidence base e.g. 16 sessions for moderate depression. For a case report to be submitted, the trainee must have conducted a minimum of 7 treatment sessions at time of submission.

The submission dates for the above case reports are January for Depression and April for the Anxiety disorder. Candidates will need to be seeing appropriate cases sufficiently in advance of this date and to see them for the recommended number of sessions in order to enable time for writing up. We would also recommend seeing more than one, i.e. 2 depression cases and 2 anxiety disorder cases in case issues arise with their treatment that prevents completion.

Do you agree to support the trainee with this: Yes/ No

The use of the CTSr is supported during the programmes. During the certificate there will be a formative CTSr marked by our staff, in which general strengths and areas to improve will be considered. We promote the use of recordings being played in supervision so trainees can begin to familiarise themselves with the elements of this. Trainees becoming used to recording themselves during sessions at the earliest point and bringing these to supervision will help them overcome the difficulties that some face with this expectation.

The trainee may or may not have a core profession within which they are governed by statutory regulations. Whilst undertaking CBT work the student will also have a duty under the British Association of Behavioural and Cognitive Psychotherapy (BABCP) Code of Conduct to maintain necessary standards. Trainees will be required to obtain student membership of the BABCP once enrolled on the programme.

As a supervisor, we will provide you with a supervisor handbook, access to a supervisor OneDrive and we offer a supervisors workshop once a year.

This contract notes that the University, workplace and supervisor all work together and therefore communication between the parties is encouraged. Please note that should you have any concerns these can be discussed with the course lead on williamsJ147@cardiff.ac.uk. Should any party have any concerns about the trainees conduct or practice this should be raised appropriately between the parties involved.

Please note that the two-year rule applies to anyone completing the Diploma. A trainee can complete the Certificate and still apply to the Clinical Psychology Doctorate or the CAAPS MSc, however, if a trainee completes the Diploma there is a 2-year period that must lapse between the completion of the Diploma and the application for further HEIW or HEE funded training.

Please note that an applicant will not be offered an interview without the prior completion of this form.

Name of CBT Student	
Name of Supervisor	
Supervisor's email address	
Signature of Supervisor	
Date	

For queries about this form please contact cbt-admin@cardiff.ac.uk