Manager's form for the CBT Diploma

For the CBT training to be effective those undertaking it will need the support of their managers. We require the signature of a manager on this form before a student can be accepted onto the programme of study.

Students will be required to source suitable clients for the training, which are individuals experiencing depression and anxiety disorders of a moderate/severe level of presentation. Most of these clients can still be less complex in nature, but there will be one that has to have an element of complexity such as co-morbidity to be able to achieve the meta-competency case report. It must be noted that levels of complexity must not be excessive (e.g. active suicidality, complex trauma). They will need to meet each client for a minimum of six sessions and in at least some cases they will need to meet a client for the number of sessions suggested by the evidence base e.g. 16 sessions for moderate depression.

Students will be offered BABCP accredited supervision by a member of the Course team. They will require 6 clients to both discuss in supervision and for academic assignments. CBT supervision for any other clients seen by the student during the diploma can still be provided and is encouraged.

Students will be required to record sessions on devices that will be owned by the University. However, whilst in the possession of the student they will take responsibility for data stored on these devices, and any breaches or incidence such as loss of device will become the responsibility of the health board/voluntary organisation.

The student 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. Any concerns should

be raised with the BABCP directly, or can be discussed with the course lead on williamsJ147@cardiff.ac.uk.

Study days are on a Wednesday most weeks during the academic year and students will be expected to attend the majority of sessions. Any concerns that we may have in terms of attendance or behaviour throughout the training programme may be shared with you if this is felt to be appropriate by the course team.

Name of CBT Student	
Name of Manager	
Signature of Manager	
Date	

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