Supervisor's form for the CBT Certificate

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.

Students 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. They will need to meet each client for a minimum of six sessions and in 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. The student 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 submission dates for the above case reports are February for Depression and May 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.

Students will require a minimum of 10 hours of BABCP accredited supervision as a requirement. We recommend that 5 hours of this is targeted around the depression case and five toward the anxiety case. They will also need to continue with caseload supervision undertaken with an appropriate line manager. If you as a supervisor are not currently accredited, we would strongly recommend that as a minimum you may have undertaken a post-graduate diploma level course in CBT.

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.

Name of CBT Student	
Name of Supervisor	
Signature of Supervisor	
Date	

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