

Managers form for the CBT Diploma

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

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. 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 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). Your support in the trainee accessing these appropriate training cases is paramount.

Trainees will need to achieve a minimum of 100 hours of clinical practice by July. In order to achieve this trainees usually need to see a minimum of 4 CBT clients a week (accounting for missed sessions, client's holiday and trainees leave).

Trainees also need time allocated for self-directed study. There is an expectation that trainees engage with a minimum of 125 hours of self-directed study. This is monitored.

The trainees will be expected to submit 1 oral case report presentation, 1 metacompetences case report and 3 CTSR recordings. Trainees will be required to attend a minimum of 30 hours of supervision (with the BABCP group calculation applied) within the University, with a BABCP accredited practitioner. This supervision focuses on 6 specific cases so, ideally, trainees will continue to receive supervision within the workplace for any further clients they are working

with. The trainee will need to bring each of their 6 clients to supervision at least 5 times throughout the academic year. The presenting problems linked to the 3 CTSRs must be different and so the trainee will need access to a range of presenting problems.

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 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 manager, we will provide you with a supervisor handbook purely for further information purposes.

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.

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

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