

Supervisor's form for the CBT Diploma

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

For the CBT training to be effective trainees will receive appropriate supervision from a BABCP accredited practitioner within the University taught days. However, some trainees will have access to additional supervision within their role. This is something we encourage if possible. For those without an external supervisor, this form is for information purposes only. For those receiving supervision external to the University, please ask your supervisor to complete the form. 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. If you are offering regular supervision, it may be useful to assist the candidate in finding potentially suitable candidates. 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). Once found for the course, the trainee must then only have clinical supervision from the University supervisor for this case. They can of course still have caseload supervision in relation to them.

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

Trainees will be offered BABCP accredited supervision by a member of the Course team (a minimum of 30 hours with the BABCP group calculation applied). 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. The final logbook they will complete will include additional hours of supervised practice.

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.

For your knowledge, trainees will be required to record sessions on devices that will be owned by the University for consideration toward 3 CTSR's that will be expected as part of the diploma. Whilst in the possession of the recording device, the trainee 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. If you wish to offer assistance in helping student's by marking a recording then that is supported by us. However, your marking has to be considered as guidance compared to the marking offered by our Course team, due to the academic standards required by the University and BABCP, which we hope you understand.

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, the opportunity to attend some teaching should you wish to develop your knowledge of a specific protocol and the opportunity to review any disorder specific teaching that is appropriate to your trainee's supervision.

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



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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 Supervisor	
Supervisor's email address	
Signature of Supervisor	
Date	

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