

Summary

Introduction to Cognitive Behavioural Therapy for S2-3 & ST4-6/Staff. A programme that introduces ST2-3 & ST4-6/Staff to the theory and practice of cognitive behavioural therapy. To provide a limited experience of supervised clinical practice.

Cognitive Behavioural Therapy Training for ST2-3 & ST4-6/ Staff



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Cognitive Behavioural Therapy Training for ST2-3 & ST4-6/Staff

The training programme is a year long course split into two separate components: The first component is a 20 week training programme and will be theory based learning using a range of methods including experiential exercises and role plays. The second component is a supervised practice placement in the delivery of CBT to clients with axis I disorders. Eligibility for the supervised practice component will depend on having reached the required level of competencies following the 20 week training programme, which will be monitored and assessed throughout. There are 9-12 internal places available within the Trust but you must have fulfilled the following criteria to be eligible for the programme:

1. Be employed (or previously employed) within GMW (internal places only)
2. Completed the necessary training including introductory psychotherapy/Ballint groups
3. This training would be your designated sessions for psychotherapy
4. Be able to attend the training programme on Wednesday mornings with the agreement of your supervising consultant psychiatrist
5. Be motivated to participate actively in the training programme

Programme Content

The teaching component over 20 weeks will focus on generic and therapeutic competences, basic CBT principles and some specific CBT and problem specific competences. The programme will involve some lectures but a large part of the work involves experiential and reflective learning via role play, video work, a reflective journal and some engagement with clients at the trainees' place of work (if appropriate). The supervised practice placement (20 weeks) will involve group supervision (2s or 3s), will be 80-120 minutes per week (40 minutes each) and will involve video taping clinical sessions and presenting extracts of the session with supervision questions.

Aims, Learning Outcomes & Assessment Methods

1st component (training programme):

Aims:

To provide training consistent with all key governmental objectives including evidence-based practice

Learning Outcomes:

Have acquired a comprehensive understanding of cognitive theory of emotional disorders

Be able to assess and conceptualise the maintenance of a range of affective disorders

Be able to demonstrate a problem-focused, collaborative and therapeutic relationship

Assessment Methods:

This will be assessed continually using video work and reflection (self, peers & tutors) and a presentation

2nd component (supervised practice):

Aims

To ensure that trainees on this component meet recognised standards of clinical skills as specified in the Revised Cognitive Therapy Rating Scale

Learning Outcomes

Be able to assess and conceptualise the maintenance of the problem of focus for two clinical cases

Sustain a problem-focused, collaborative and empirically based therapeutic relationship

Be able to elicit key cognitions and apply relevant behavioural and verbal reattribution techniques

Be able to assess outcome in treatment using tools developed from recent research

Assessment Methods

This will all be assessed by a case study report and a video tape of a therapy session, plus weekly close supervision of video extracts of therapy sessions.

Both programmes require a minimum attendance of 80%

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