CBT Centre: Patient summary sheet

You will assess and treat at least eight people (with at least three different presenting problems), prior to seeking BABCP accreditation. This includes a minimum of three ‘closely supervised’ cases, with details recorded on patient summary sheets. PG Diploma in CBT (Anxiety and Depression) and PG Diploma in CBT (Severe Mental Health) students submit patient summary sheets for all eight people. PG Certificate in CBT (Severe Mental Health) students submit patient summary sheets for three closely supervised cases (though may include summary sheets for up to five additional people if wishing to gather all evidence for accreditation in one place). All PG Diploma students must include one PTSD / trauma case.

All cases require a minimum of five therapy sessions (in order to qualify as a course of therapy), and have been discussed in supervision at least five times. For the three (minimum) University closely supervised cases, at least one of the University supervision hours will be represented by a full session therapy recording (formative or summative) – the resulting CTS-R feedback constitutes one hour of University supervision. It is not permissible to have two closely supervised cases with the same anxiety presentation, or psychosis / personality presentation.

Student name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Supervisor name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Is this one of your three (minimum) University closely supervised cases: yes  / no

Patient Identifier (initials): \_\_\_\_\_\_\_\_\_ Age: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Gender: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Presentation / diagnosis treated: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

|  |  |
| --- | --- |
| Date | Insert details of type of contact:   * Patient Contact (C) – needs to be minimum of 5 * DNA / CANC * Supervision (S) – indicate if University or NHS; needs to be minimum of 5 * CTS-R – formative (if applicable) * CTS-R – summative (if applicable) |
| *Eg 14.01.19*  *Eg 16.01.19*  *Eg 21.01.19* | *C*  *S – University*  *DNA* |

**Outcome ratings**

|  |  |  |  |
| --- | --- | --- | --- |
| Tool | Start | Mid-therapy | End |
| PQ9 |  |  |  |
| GAD7 |  |  |  |
| Phobia scales |  |  |  |
| W&SAS |  |  |  |
| Other |  |  |  |

PG Diploma in CBT (Anxiety and Depression) students will use the minimum dataset (above). PG Diploma in CBT (Severe Mental Health) and PG Certificate in CBT (Severe Mental Health) students may use alternative measures.

**I declare that I have carried out the above work:**

Signed (student): \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_