**CBT Centre: Observation log**

Observing accredited BABCP therapists is an important teaching and learning activity of your Diploma. You will need to observe therapy for a minimum of six occasions before the end of the programme. We would strongly encourage you to observe two occasions each module. These observations can be a mixture of face-to-face as well as watching a full therapy recording of an accredited practitioner.

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

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| Date of Observation | Name of BABCP accredited clinician | BABCP number | Clinician’s signature | Session length | Content of session (e.g. assessment of panic; treatment of depression) |
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