**British Association for Behavioural and Cognitive Psychotherapies – Information on Becoming Accredited Post Clinical Psychology Training**

**Update February 2021**

**The Aim of this Booklet**

The main purpose of this booklet is to provide useful information about the application process to become a British Association for Behavioural and Cognitive Psychotherapies (BABCP) accredited practitioner following successful completion of the Doctorate in Clinical Psychology Programme at the University of Southampton. Please note that before you can apply for accreditation you must be a BABCP member with a fully paid up subscription. Please see [Becoming a BABCP member](http://www.babcp.com/Membership/Join.aspx) for full details.

The programme aims to support trainees should they wish to apply for provisional accreditation with the BABCP after they have successfully completed clinical psychology training by providing the tools required to monitor their CBT practice, supervision and development. Please see [BABCP Minimum Training Standards](https://www.babcp.com/Portals/0/Files/About/Minimum%20Training%20Standards%20Sep%202017.pdf?ver=2020-07-13-163637-120) for full details.

It is important to note that it is the trainee’s choice as to whether they decide to apply for accreditation with the BABCP and that the recommendation is to do so any time after your first year post qualification. It is also the trainee’s responsibility to complete the appropriate paperwork in relation to the criteria and guidelines for provisional accreditation and provide the relevant evidence:

Please see [BABCP Criteria and Guidelines for Provisional Accreditation](https://www.babcp.com/Accreditation/Provisional-Accreditation) for information purposes on becoming provisionally accredited.

**Summary of the CBT Teaching**

During clinical psychology training, there are a series of formal lectures and workshops aiming to progressively develop the trainees’ knowledge and understanding of CBT theory and practice. These workshops use a combination of didactic and experiential teaching methods and CBT skills practice to equip trainees with the ability to start working clinically within the CBT model. The teaching includes the development of core CBT and clinical competences and focuses on adult, child and family work, learning disabilities and older adults. It is important to note that the BABCP requirement for the minimum number of hours study in Cognitive/Behavioural aspects of the training is **450 hours** of which a minimum of **200 hours** needs to be through face-to-face teaching with appropriately qualified CBT practitioners (or equivalent). You are permitted to include a small percentage of third wave approaches teaching.

Please see the [BABCP Core Curriculum Reference Document](https://www.babcp.com/Portals/0/Files/About/BABCP-Core-Curriculum.pdf?ver=2016-10-27-122314-000) for full details of what counts towards study/teaching hours. You must also keep details of your teaching timetables across training, as this is required as evidence on the BABCP application form.

**Clinical Practice**

Placements and CBT Cases

During the three-year training programme, trainees are on placement for approximately 50% of their time and typically complete five clinical placements. During the range of placements, all trainees must obtain clinical experience working with adults, children and adolescents, people with learning disabilities, communication problems, carers, staff members and older adults with a range of clinical presentations. They must also work across a range of settings including outpatient, residential, community and hospital in-patient settings and a range of therapeutic models. Within all relevant placements, trainees should aim to keep a log of the cognitive and behavioural work conducted (see Appendix 1 and 2). Observing experienced clinicians and supervisors in their CBT practice is an essential part of learning and trainees must ensure that they have the opportunity to observe and reflect on this experience. The BABCP requirement is that trainees have conducted a minimum of **200 hours of supervised CBT clinical practice** with a minimum of **eight clients** that have seen for at least **five sessions**. You must submit supervision logs showing regular CBT supervision.

Clinical Supervision

The minimum BABCP requirement for CBT supervision is **40 hours**. The supervision must be provided by an appropriate Clinical Supervisor who meets the BABCP criteria for Practitioner or Supervisor accreditation or be already BABCP accredited. The majority of our supervisors are qualified clinical psychologists and are HCPC registered applied psychologists and thus should meet the required aforementioned criteria. Please see Appendix 2 for a form that trainees can chose to use to record their CBT specific supervision.

**Of the minimum 8 completed** cases required for BABCP accreditation, each case should have received a minimum of **5 hours clinical CBT supervision**, and **3 of these cases** need to be closely supervised including live supervision, CTS-R ratings or equivalent. Please see [BABCP Close Supervision Guidelines](http://www.babcp.com/files/Accreditation/CBP/Provisional/Close-Supervision-Guidelines-V2-071015.pdf) for full details.

Assessment of CBT Knowledge and Competency

The BABCP require that of the eight completed cases, **four of these must be written up and assessed by an assignment** (e.g., case studies of 2000 - 4000 words). Additionally, three cases needs to have been closely supervised using live (in-vivo, video, audio) assessment and the trainee’s competence assessed using an appropriate CBT skills assessment tool such as the CTS-R (see Blackboard for a copy of this tool to use on placement).

**Appendix 1**

**CBT Therapy Cases**

Doctorate in Clinical Psychology

**Trainee’s name:** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Please copy this table for each of your eight CBT therapy cases (Continue on a separate sheet for each case) and ensure you identify the closely supervised cases.

|  |  |  |
| --- | --- | --- |
| **Male/**  **Female** | **Reason for referral/ main problem** | **Brief outline of assessment, formulation, goals and outcome** |
| Age:  Number of  Sessions: |  |  |
| **Please include a summary of the number of supervised hours, whether any assignments were submitted to the Programme** | | |
|  | | |

**Supervisor’s comments: (please indicate the degree of supervision)**

**(please circle appropriate evaluation) SATISFACTORY / UNSATISFACTORY**

**Supervisor’s signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Appendix 2**

**CBT SUPERVISION SESSION LOG**

**Trainee: Date: Duration:**

**Group or Individual** (circle) **No of supervisees (N):**

**Logged Hours (using BABCP formula – Time divided by N multiplied by 2):**

**Number of Clients discussed: Division of time between clients discussed:**

**Supervision questions** (include a formulation):

**Items discussed and key learning**

**Supervision methods used** e.g. case discussion; role play; modelling; observing recordings of therapy sessions:

**Action plan summary**

**Supervisee Name: Supervisors Name:**

**Signature Signature**