

MINIMUM TRAINING STANDARDS

For The Practice of CBT

In September 1997 BABCP published its Minimum Training Standards detailing the minimum level of competency and knowledge that therapists registering with the Behavioural and Cognitive Psychotherapy Section of the United Kingdom Council for Psychotherapy (UKCP) or BABCP must have attained. These were adopted as a working draft with the aim that they would be revised at a later date. After two years a new set of Minimum Training Standards is to be adopted by BABCP with the aims of:

- Providing people seeking further training with the core standards they will be expected to meet within their overall training in cognitive and behaviour therapies.
- Providing training courses with a guide to the training needs which will need to be met by their training programme
- Providing the Accreditation and Registration Sub-committee (A&R) of BABCP with a standard against which to decide if an applicant has received the training necessary for the desired level of competence to practice
- Providing employers with a benchmark of competence in Cognitive and Behaviour Therapies

1. BASIC REQUIREMENTS

- 1.1 All therapists are considered on an individual basis but they will usually have an approved basic professional qualification in an appropriate profession (e.g. psychology, psychiatry, nursing, counselling, occupational therapy, social work, education). They will usually be registered with a professional regulatory body and have undertaken a minimum period of two years post-qualification training and experience.
- 1.2. Therapists being considered for accreditation will have sufficient experience in working in a therapeutic role with clients.
- 1.3. Therapists must be able to demonstrate personal qualities that make them suitable for the practice of cognitive and/or behaviour therapy.
- 1.4. Therapists will be using cognitive and/or behaviour therapy in a systematic way as their main, or one of their main therapeutic models.

2. LENGTH OF TRAINING

- 2.1 Training, including Basic Professional Training and experience and relevant cognitive and/or behaviour therapy training, will not normally be less than five years.

3. THEORETICAL AND SKILLS TRAINING

- 3.1 The period of training will include the acquisition of a critical understanding of the relevance of studies of human development, psychopathology, psychology, social issues and evidence based practice.
- 3.2 Specialist courses in a particular model of cognitive and/or behaviour therapy, or in a specialist area of its application may focus on a specific area of interest. However, all therapists will have covered a minimum curriculum that will provide a broad-based understanding of the theoretical basis of cognitive and/or behaviour therapies and their application across a range of problem areas.
- 3.3 Skills training is an essential component of the acquisition of knowledge and experience and should not be less than 50% of a therapist's total training programme.
- 3.4 Theoretical knowledge and skills will have been acquired through structured teaching and self-directed study. The minimum number of hours study required for the cognitive/behavioural elements of training is 450 hours of which 200 hours should be provided directly by recognised trainers through a recognised course or other programme of study.
- 3.5 A training log must specify the length of study, number of taught hours and a record of the lecturers, tutors or mentors participating in a therapist's training.
- 3.6 Therapists should achieve the skills to be able to understand and interpret research relevant to the outcome and effectiveness of cognitive and/or behaviour therapy.

4. SUPERVISED CLINICAL PRACTICE

- 4.1 Therapists will have conducted 200 hours of supervised assessment and therapy during training in addition to that specified in 3.4 above.
- 4.2 All therapists will have received supervision during the period of training for both assessment and therapy, carried out by a cognitive and/or behaviour therapist who meets the BABCP criteria for Accreditation. Supervision will consist of regular feedback and discussion. Close supervision will involve the use of live, audio or video materials in supervision.
- 4.3 A minimum of 8 clients will be treated during the period of training from assessment to completion or termination of treatment before a therapist is regarded as having completed their training. These cases will cover at least 3 types of problems and three cases will have been closely supervised as defined above.
- 4.4 Details of supervised clinical practice and case mix will be recorded in a training log

5. PERSONAL DEVELOPMENT

- 5.1 Therapists must ensure that they can identify and manage appropriately their personal involvement in the process of cognitive and/or behaviour therapy.
- 5.2 Therapists must have developed an ability to recognise when they should seek other professional advice.

6. ACCREDITATION OF COGNITIVE AND/OR BEHAVIOURAL PSYCHOTHERAPISTS

- 6.1 To apply to be Accredited by BABCP as Cognitive and/or Behavioural Psychotherapists, therapists must: have two years experience since qualification in their core profession; meet the Minimum Training Standards; maintain an agreed level of continuing professional development in cognitive and/or behaviour therapy; receive regular clinical supervision; and adhere to the BABCP “Guidelines for Good Practice of Behavioural and Cognitive Psychotherapy”. Accredited therapists are entitled to be registered within the Behavioural and Cognitive Psychotherapy Section of the UKCP.

7. ASSESSING MINIMUM TRAINING STANDARDS

- 7.1 Therapists are expected to demonstrate an understanding of the theoretical aspects of cognitive and/or behavioural therapy and its application by the production of a formal assessment essay, exam or research project.
- 7.2 An understanding of evidenced based practice should be evaluated by (i) the production of an extended case report that critically discusses the research evidence or (ii) a relevant research dissertation; or (iii) a research paper they have contributed to published in a peer review journal.
- 7.3 Supervised practice will be subjected to formal assessment with four case studies written up (2000 – 4000 words).
- 7.4 The above assessments are usually required in most recognised post-qualification cognitive and/or behaviour therapy course. For candidates who are not pursuing a training route through such a course it is important that they agree an independent programme of study and assessment with a Cognitive and/or Behavioural Therapist who meets the BABCP criteria for Accreditation.