

Post Qualification Certificate in:

# CBT Supervision

Central and North West London 

NHS Foundation Trust

We are pleased to announce the launch of our new Post Qualification Certificate in CBT Supervision, as part of our continuing professional development programme. The Certificate will be ideal for experienced CBT practitioners who are already providing, or who are preparing to provide, CBT focused supervision and who wish to enhance their knowledge and skills in this area. For those interested in applying for Supervisor Accreditation with the BABCP, the Certificate can contribute to candidates' individual portfolios of relevant training.

## Programme Overview

The Programme comprises 10 days of formal teaching sessions which include didactic and experiential group work. Candidates will be expected to undertake additional self-directed study to support the development of their knowledge and skills, as well as completing coursework assignments. The Programme will take place on Fridays beginning in March 2012 and ending in December 2012.

Teaching sessions take place in our modern purpose built facilities at 20 Eastbourne Terrace, Paddington, London W2.

## Programme Content

The aim of the Programme is to equip candidates with the theoretical knowledge and practical skills necessary to provide effective CBT supervision. It will provide formal training in the essential competences of supervision as well as theories and models of supervision that can be tailored to individual and group needs. Indicative content includes:

- How to apply the principles of self-directed learning in the context of supervision
- Developing the essential competences of effective supervision – generic and CBT-specific
- CBT focused models of supervision
- How to evaluate the competence of your supervisees
- Managing difficulties in the supervisory relationship

## Assessment

Required assignments include a theoretical essay, a reflective log of candidates' supervision practice and a structured observation of supervision practice.

## Entry criteria

Eligible candidates will be qualified health professionals who currently provide, or will shortly be providing, CBT supervision as part of their work. A strong prior knowledge and experience of applying CBT principles and methods in clinical practice is essential, as well as evidence of having undertaken formal CBT training in support of this. Selection is via an application form which can be downloaded from our website at [www.central-london-cbt.com](http://www.central-london-cbt.com)

Applications close 15 January 2012.

## Fees

Fees for 2012 will be £1,500.

## Further Information

To discover more about our range of Programmes and how they can help you develop in your career, please contact

**Dr Sarah Corrie** ([sarah.corrie@nhs.net](mailto:sarah.corrie@nhs.net); Tel: 020 7266 9580) or

**Dr Michael Worrell** ([michael.worrell@nhs.net](mailto:michael.worrell@nhs.net); Tel: 020 7266 9588).