

Knowledge of basic principles of CBT and rationale for treatment

Knowledge of the behavioural component in behavioural and cognitive behavioural therapies – the ways in which people respond to distress by behaviours which can maintain or worsen their problem (for example, by avoidance or by reducing or restricting activity)	
Knowledge of the cognitive component in CBT - the way people think and create meaning about events in their lives, and how this links to the ways in which they develop beliefs about themselves, others and the world in which they live	
An ability to draw on knowledge of the basic principles that underpin the rationale for CBT:	
	the inter-relationship between thoughts and images, feelings and behaviours
	the aim of helping clients to become more aware of the how they reason and ascribe meaning, to develop alternative viewpoints and explanations for their difficulties and to use behavioural experiments to test-out the accuracy of these alternatives
	the aim of helping the person feel safe in order to test out their assumptions and fears and to change their behaviour
An ability to draw on knowledge of the importance of working collaboratively with the client:	
	a consistent philosophical and practical commitment to the notion that the client and the therapist work together to do the work
	awareness that the aim of therapy is to help clients tackle their problems by harnessing their own resources
An ability to draw on knowledge and awareness of the importance of the client putting what has been learned into practice between sessions (practice assignments, or “homework”)	