

Supervision of low intensity interventions

This section describes the knowledge and skills needed for supervision of low intensity interventions (which includes psychoeducation as well as brief, structured CBT-informed interventions).

This section is not a 'stand-alone' description of competences, and should be read:

1) As part of the supervision competence framework. Effective supervision depends on the integration of this section with the knowledge and skills set out in the other domains of the supervision competence framework.

2) With reference to the CBT competence framework, which describes the generic, basic, specific and problem-specific competences which contribute to the effective delivery of CBT

Supervisor's expertise

An ability for the supervisor to draw on knowledge of the principles underpinning low intensity interventions

An ability for the supervisor to draw on personal experience of the clinical applications of low intensity interventions

An ability to recognise (and to remedy) any limitations in knowledge and/or experience which has implications for the supervisor's capacity to offer effective supervision

An ability to ensure that supervision integrates attention to generic therapeutic skills (e.g. the ability to maintain a positive therapeutic alliance, an ability to respond appropriately to client's distress) while also focussing on the development and /or maintenance of skills specifically associated with low intensity interventions

Adapting supervision to the supervisee's training needs

An ability to identify the supervisee's knowledge of, and experience with, low intensity interventions

An ability to identify and discuss any misconceptions that the supervisee may hold regarding the rationale for, and application of, low intensity interventions

An ability to help the supervisee draw on knowledge of the rationale for low intensity interventions, and on the evidence base for their use

Ability to support the supervisee in assessing suitability for low intensity interventions

An ability to help the supervisee assess the appropriateness of a low intensity intervention for the client's identified problem

An ability to help the supervisee develop their capacity to deliver evidence-based clinical and risk assessment tools (including routine outcome measures)

Ability to support the supervisee’s delivery of low intensity interventions

An ability to assess the supervisee’s capacity to deliver and adhere to protocol- driven low intensity CBT-informed interventions
an ability to give advice and guidance on the conduct of specific low intensity CBT techniques (e.g. low intensity, CCBT, medication concordance, exposure and behavioural activation)
An ability to identify any difficulties the supervisee has working within a protocol driven low intensity service and support them in overcoming these difficulties
An ability to support and develop the supervisee’s capacity to communicate effectively with other professionals about the outcome of the intervention,
an ability to support and develop the supervisee’s capacity to alert relevant colleagues when there are any significant concerns about the client

Ability to support routine outcome monitoring

An ability to monitor and support the supervisee’s collection and clinical use of routine outcome measurement
An ability to monitor and support the supervisee’s use of routine outcome measures to evaluate the overall outcomes of the service provided

Ability to support decisions about the appropriateness of interventions

An ability to help the supervisee decide when it is appropriate to maintain a client on a low intensity intervention
An ability to help the supervisee recognise when low intensity interventions are unlikely to provide further benefit
An ability. in conjunction with the supervisee, to determine when it is appropriate to step a client up to more intensive therapy