

**Ability to implement CBT using a collaborative approach**

**Generic therapeutic competences**

- knowledge and understanding of mental health problems
- knowledge of, and ability to operate within, professional and ethical guidelines
- knowledge of a model of therapy, and the ability to understand and employ the model in practice
- ability to engage client
- ability to foster and maintain a good therapeutic alliance, and to grasp the client's perspective and 'world view'
- ability to deal with emotional content of sessions
- ability to manage endings
- ability to undertake generic assessment (relevant history and identifying suitability for intervention)
- ability to make use of supervision

**Basic CBT competences**

- knowledge of basic principles of CBT and rationale for treatment
- knowledge of common cognitive biases relevant to CBT
- knowledge of the role of safety-seeking behaviours
- ability to explain and demonstrate rationale for CBT to client
- ability to agree goals for the intervention
- Ability to structure sessions
- Sharing responsibility for session structure & content
  - ability to adhere to an agreed agenda
  - ability to plan and to review practice assignments ('homework')
  - using summaries and feedback to structure the session
- ability to use measures and self monitoring to guide therapy and to monitor outcome
- ability to devise a maintenance cycle and use this to set targets
- problem solving
- ability to end therapy in a planned manner, and to plan for long-term maintenance of gains after treatment

**Specific behavioural and cognitive therapy**

- exposure techniques
- applied relaxation & applied tension
- activity monitoring & scheduling

**Guided discovery & Socratic questioning**

- ability to use thought records
- ability to identify and work with safety behaviours
- ability to detect, examine and help client reality test automatic thoughts/images
- ability to elicit key cognitions/images
- ability to identify and help client modify assumptions, attitudes and rules
- ability to identify and help client modify core beliefs
- ability to employ imagery techniques
- ability to plan and conduct behavioural experiments
- ability to develop formulation and use this to develop treatment plan /case conceptualisation
- ability to understand client's inner world and response to therapy

**Problem specific competences**

- Specific phobias
- Social Phobia – Heimberg  
Social Phobia - Clark
- Panic Disorder (with or without agoraphobia) - Clark  
Panic Disorder (with or without agoraphobia) - Barlow
- OCD – Steketee  
OCD – Kozac
- GAD – Borkovec  
GAD – Dugas/ Ladouceur  
GAD – Zinbarg/Craske/Barlow
- PTSD - Foa & Rothbaum  
PTSD - Resick  
PTSD – Ehlers
- Depression – High intensity interventions
  - Cognitive Therapy – Beck
  - Behavioural Activation - Jacobson
- Depression – Low intensity interventions
  - Behavioural Activation
  - Guided CBT self help

**Metacompetences**

- Generic metacompetences
  - capacity to use clinical judgment when implementing treatment models
  - capacity to adapt interventions in response to client feedback
  - capacity to use and respond to humour
- CBT specific metacompetencies
  - capacity to implement CBT in a manner consonant with its underlying philosophy
  - capacity to formulate and to apply CBT models to the individual client
  - capacity to select and apply most appropriate BT & CBT method
  - capacity to structure sessions and maintain appropriate pacing
  - capacity to manage obstacles to CBT therapy