

University College London CBT-SMHP Postgraduate Certificate/Top-up training

The following is to clarify requirements of the one-year Postgraduate Certificate in Cognitive Behaviour Therapy for Severe Mental Health Problems (SMHP; Psychosis/Bipolar, Eating Disorders and Personality Disorders routes) to assist Trusts in identifying suitable staff members for this Health Education England (HEE) funded training. This will help ensure that Trust service managers and staff seconded are clear about expectations and that staff seconded on the training are supported and able to complete the training successfully.

The one-year programme is targeted at staff with previous substantial core CBT training either as part of their core mental health training or subsequently through a postgraduate diploma CBT course. Staff will follow specialist modules for their SMHP route (CBT for psychosis/bipolar, CBT for eating disorders or CBT for personality disorders) throughout their training year. The curriculum and requirements have been set by HEE.

Trust and service requirements

- Release staff member from regular duties for 3 days/week (one day academic teaching and 2 days seeing CBT training cases) for the year duration of the course from January 2021 to December 2021. The two days seeing CBT training cases is part of the HEE specification for the CBT training. For many staff these 2 days seeing CBT training cases may not be a major change (they may already be seeing clients in CBT for two days a week). But for some staff this might require some more significant adjustment of responsibilities.
- Ensure the staff member has suitable CBT training cases for the CBT route the staff member is training in (psychosis/bipolar, eating disorders or personality disorders).
- Arrange regular at least monthly CBT supervision from a Trust supervisor of the staff member's CBT training cases for the duration of the programme. Supervisors need to be competent and experienced in supervision of CBT and competent in the relevant area (psychosis/bipolar, eating disorders or personality disorders).
- Provision of encrypted memory devices for staff member to store and transport recordings of CBT sessions. Agreement for staff member to submit recordings of CBT sessions to UCL for assessment using a secure electronic platform, such as One Drive, or via an encrypted memory stick.

Staff member requirements

Time and travel

- Dedicate 3 days/week to CBT training from January 2021 – December 2021: a day per week taught university days and 2 full days per week seeing training clients for

CBT. This is a requirement of the national CBT for severe mental health problems (CBT-SMHP) national curriculum and Health Education England. For many staff the two days a week seeing CBT training cases may not be a major if any change in responsibilities. But for some staff this may require a more substantial change.

- Attendance in London at University College London's (UCL) Bloomsbury campus 9.00am – 4.30pm a day/week for 30-35 days over the year of training. Initially this will not be required as teaching will be online because of the pandemic, but may be required when/if face-to-face attendance resumes.

Academic and clinical

- Dedicate one day a week to university teaching and assignments. Attend all formal teaching sessions including lecture, workshop and course supervision groups over the year duration of the programme. On course days when formal teaching sessions are not being held, for example in summer and Christmas breaks, the expectation is that course participants will devote any non-teaching days to completing academic requirements.
- Complete and submit approximately four formal university assignments throughout the program to assess academic and clinical competencies. These include case reports, reflections on clinical work and submission of audio recordings of CBT treatment sessions.
- For 2 days/week over the year, see clients for direct CBT assessment and treatment including audio-recording sessions and making appropriate clinical notes and attending regular at least monthly CBT supervision with an experienced Trust CBT supervisor.