Ability to implement CBT using a collaborative approach

Generic therapeutic competencies

- 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 manage 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 competencies

- 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
- 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

Specific behavioural and cognitive therapy techniques

- 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
- Ability to understand client's inner world and response to therapy

Problem specific competencies

Specific phobias	
Social Phobia	Heimberg model
	Clark model
Panic Disorder	Clark model
	Barlow model
OCD	Steketee/ Kozac & Foa model
GAD	Borkovec model
	Dugas/ Ladouceur
	Zinbarg/Craske/ Barlow model
PTSD	Foa/Rothbaum model
	Resick model
	Ehlers model

Depression – High intensity interventions
- Cognitive Therapy (Beck)
- Behavioural Activation (Jacobson)

Depression – Low intensity interventions
- Behavioural Activation
- Guided CBT self-help

Metacompetencies

Generic metacompetencies
- Capacity to use clinical judgment when implementing treatment
- Capacity to adapt interventions in response to client
- 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 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