University College London CBT-SMHP Postgraduate Programme

Site supervisors are a vital component of our CBT trainees' learning pathway. Site supervisors help trainees translate their learning from the program into everyday practice with their local team and help trainees as they develop their CBT skills. Trainees will be receiving weekly supervision from their UCL supervisor that focuses on how to apply CBT theory and models to the clients they are working with. Site supervision can help to augment this learning, whilst also addressing local issues as they come up. Site supervisors will also have in depth knowledge of local procedures and services, which is an invaluable resource.

Expectations of site supervision.

As a minimum requirement, we expect site supervisors to meet with their trainees at least once per month. If more time than once per month is available, we would very much welcome that. Supervision sessions should address:

- Accessing suitable clients for training purposes
- Policies and procedures relevant to CBT practice
- Managing risk issues that arise over the course CBT sessions
- Clinical CBT supervision for clients

Trainees will be receiving weekly supervision from their UCL supervisor that focuses on how to apply CBT theory and models to the clients they are working with.

Site supervisors should be located in the same service or NHS trust as their supervisee. However, if the trainee needs to access clients from an alternative service (eg. an IAPT team) they will need an additional named site supervisor from that team.

Site supervisors need to be competent and experienced in supervision of CBT trainees and competent in the relevant area (First Year: Anxiety and Depression; Second Year/ Certificate: Psychosis/Bipolar, Eating Disorders or Personality Disorders).

Supervision workshops.

We will be offering a series of supervision workshops for site supervisors over the year to help developing supervision skills. The initial day will focus on generic supervision competencies. The remaining days will cover issues related to the particular stream the trainee is in. Attendance at supervisor training is not compulsory but is recommended. Training is provided for free. More information is available here:

https://www.ucl.ac.uk/pals/study/ucl-cbt-smhp-programme-supervisor-training

BABCP Accreditation.

Ideally, we would like site supervisors need to be BABCP accredited or accredited; however, at this stage, we only require them to be accreditable*.

*Accreditable. What does this mean?   To be accreditable, your training should approximately meet BABCP minimum training standards. The majority of clinical, counselling psychologists and CBT therapists in current practice likely meet these criteria, or close enough for current purposes.