

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