



LOG BOOK OF SUPERVISORY PRACTICE FOR FIRST-TIME APPLICANTS FOR CBPI ACCREDITED CLINICAL SUPERVISOR

If applying for Supervisor Accreditation as a first-time applicant you need to show you have provided at least 80 hours of CBT Supervision over the past three years and have evaluations of this Supervisory Practice from Supervisees, and/ or other external verification means such as reports from Course Directors / Supervisors for whom you have provided Supervision.

All time spent in **group** supervision will count, on condition that the group must not exceed five members, each group member must discuss their own material for a minimum of 15 min., and that the applicant member must have an opportunity for individual Supervision should it be needed, or quickly available alternative supervision, e.g. advice in a crisis situation.

In **peer** supervision, therapists will both supervise and be supervised by each other, and will take turns in each role. It can be one-to-one or in a peer supervision groups. Only the time spent providing supervision of CBT supervisory practice will apply.

Detail, session by session, the CBT Clinical Supervision provided by you and support contact, providing requested detail for each individual session.

Forms must be typed.

Record each 12 month period on a new sheet.

Please copy and paste this sheet to use more than one sheet where necessary.

Ensure you provide total hours for each sheet.

Types of Supervision may be individual, in a CBT Supervision Group, telephone, peer review, or by e-mail (but not telephone or e-mail alone – there must be some direct personal contact on occasions).

Content of Supervision refers to the kind of material reviewed, including case reviews and discussions, techniques, skills, practice, theory, etc.

Methods of Supervision refers to the way the supervision is undertaken, including case presentations, role-play, telephone or e-mail contact, and MUST include, on a regular basis, the use of in-vivo, video or audio recording assessment, preferably using formal skills measures, e.g. CTS-R.

UNCONTROLLED VERSION WHEN PRINTED OR SAVED LOCALLY the electronic version on the website is the only version that is maintained

DECLARATION:

I confirm that the above is a true account of the supervisory practice I have provided.

I confirm that I am maintaining clinical practice with a minimum of one client session per week or equivalent.

I confirm that I have delivered a minimum of 20 hours supervision over the last 12 months.

Signature:

Date:

In order to act as a Clinical Supervisor for Supervisees with CBPI Practitioner Accreditation, the CBPI Accredited Clinical Supervisor's practice must

- at least 50% of own clinical practice is CBT
- the minimum caseload for maintaining Accreditation is one client user/ patient contact per week delivered using the CBT case-formulation approach, totalling to forty eight client contacts per year. This does not include clinical supervision, consultancy, training, authoring, research etc.
- at least an hour per month for the provision of Clinical Supervision and Supervision of your Supervision (both CBT-specific) throughout your supervisor accreditation period. The Clinical Supervisor of Supervision must be an accredited member of a recognised Cognitive Behavioural Therapy professional association.