

COGNITIVE BEHAVIOURAL PSYCHOTHERAPY IRELAND

CBT Supervisory CPD Reflective Statement

NAME:

DATE OF FIRST FULL ACCREDITATION WITH CBPI:

**12 month period from:
(month and year)**

For your annual supervisory CPD you are expected to engage in a minimum of one activity per year drawn from across the range of listed acceptable types of supervisory learning and development activities. e.g. attending workshops, conferences and seminars relating to CBT Supervisory Practice; additional training relating to CBT Supervisory Practice and skills. (Providing CBT Supervision, and undertaking Supervisory Supervision do **not** count as relevant CPD activity)

You are required to complete a separate reflective statement for each. You must be able to provide evidence for each activity.

For skills workshop note number of hours:

What was the activity and how was this relevant to your work as a CBT supervisor?

What did you learn and how will this impact on future CBT supervisory practice?
(100 words approximate)

Please indicate what evidence you have enclosed for the above activity