



**Psychological Professions Network
North East and Yorkshire**

Psychological Therapies for Severe Mental Health Problems

Supervision Workforce Planning Support Guide

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Introduction

In service of the NHS Long Term Plan, a vast range of training courses are currently commissioned by former Health Education England (HEE), including those under the Psychological Therapies for Severe Mental Health Problems (PT-SMHP) Workstream. Whilst HEE provides a great deal of information on PT-SMHP courses, details on in-service support such as clinical (or other) supervision and associated tasks is not readily available. This guide has been developed to make such requirements explicit and enable service providers to plan their PT-SMHP workforce more effectively.

The information in this guide builds upon a previous Psychological Professions Network document prepared by Strickland et al (2022; PPN SW).

This document also forms the basis of the PT-SMHP Supervision Workforce Calculator which essentially quantifies the data herein and can be used alongside it.

This guide was developed in June 2023 and was based on information supplied by the course providers detailed in the 22/23 and 23/24 HEE prospectuses and is likely to be subject to change over time. It is recommended that the document is refreshed on at least an annual basis, following the release of each updated prospectus.

How to use this Guide

The information on supervision requirements is tabulated to support ease of access to required information. The first column relates to training course for therapy, therapeutic approach or new role under PT-SMHP. The information contained within each subsequent column is as follows:

Course Providers: Details of all institutions providing the course references in column one.

Supervisor Requirements during Course: Credentials of clinical supervisors as specified by course providers.

Frequency and Duration of Supervision: Course provider specified supervision time commitment.

Additional Tasks for Supervisors: Details of any tasks required of supervisors by course providers in addition to provision of direct supervision.

Course Length: The duration of the specified course enabling insight into duration of supervision commitment.

In addition, there are sections which outline:

- the training on offer for those who wish to undertake supervision training and includes course providers, content, mode of delivery and commitment.
- the credentials required to be a supervisor as specified by accrediting bodies and detailing the requirements of a supervisor accreditation process if available.
- the supervision requirements in terms of frequency and duration for a practitioner as specified by key relevant accrediting bodies.

Supervision Requirements for Therapies under PT-SMHP (Full course)

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for Trust supervisors	Course Length
Cognitive Behavioral Therapy for Psychosis and Bipolar Disorder CBT-p <u>Curriculum</u>	University of Exeter Greater Manchester MH NHS FT University College London (UCL) University of Hull Oxford Health NHS FT University of Southampton	<u>General requirements</u> - AfC band 6 and above. - Experienced CBT-p practitioner. - BABCP accredited psychotherapist who has completed 5-day supervisor training or equivalent. - 50% supervision from course provider and 50% from Trust. - Demonstrate experience and/or qualification in the given SMHP specialism. <u>Course specific requirements</u> University of Southampton: No requirement to be experienced CBTp practitioner for year 1 (but do for year 2) - for 2-year programme - BABCP accreditation – also recommended but not required. University of Exeter: Expected to be a BABCP accredited CBT therapist and meet close supervision requirements for at least 3 patients per term (potentially more depending on trainee case load). Experience or qualification in psychosis and bipolar needed only for second year. Some supervisors are not BABCP accredited, they then discuss this with each supervisor individually to identify if they would be ‘accreditable’.	<u>General requirements</u> - Minimum 1 hr per month specific CBT-p supervision. <u>Course specific requirements</u> University of Hull: Minimum fortnightly supervision for 1 hour. University of Southampton: 35 hours of supervision for diploma (2 yr. course). Minimum fortnightly. Can be group setting. There must be enough to support required 200 hours of supervised practice required by BABCP. University of Exeter: Minimum 1 hour per fortnight, more may be required depending on trainee caseload.	<u>General requirements</u> - 8 cases under course supervision. - 1 Formative audio/ video recording of a CBT assessment/ therapy session. - Open Day. - 1 hr Supervisor workshop. - 1 Supervisor report per year: 1 hour. - Termly meetings with Clinical Leads: 1.5 hours. - Termly liaison with HEI supervisor: 1.5 hours. <u>Course specific requirements</u> Manchester NHS: Each ‘closely’ supervised case must receive a full session CTS-R rating either as an informal rating or as a formal submission. Written report for student at the end of the year. University of Southampton: Supervisor to create reports, 3 x supervisor report in year 1 (5 for diploma, 2 for top up). 2 x supervisor report in year 2. Supervisors are expected to take on caseload management responsibility. As a supervisor also expected to respond to risk and oversee any clinical work that goes over term. Oxford NHS: Supervisors to attend 5-day supervisor training for field/workplace supervisors. To ask students to play clips of recordings in supervision (ideally assess students formatively using the ACCS). They must keep a record of which clients are discussed and for how long within each supervision session and whether therapy recordings are played in session. To also attend termly meetings with the course supervisor and student. University of Exeter: For trainee benefit, supervisors are to use CTSR. To offer other meetings and support for trainees (e.g. termly supervisor hubs for ad-hoc questions, twice yearly university-service meetings). Where trainees are struggling, meetings between the trainee, university and service may be held. Expected 15 minutes per term meeting with trust supervisor, writing a supervision report and feeding back to university supervisor to contribute towards the university supervision reports.	2 years part time, postgraduate level.

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for Trust supervisors	Course Length
Cognitive Behavioural Therapy for Personality Disorder CBT-PD <u>Curriculum</u>	University of Exeter Greater Manchester MH NHS FT University College London (UCL) Oxford Health NHS FT University of Southampton	<u>General requirements</u> - AfC band 6 and above. - Experienced CBT-PD practitioner. - BABCP accredited psychotherapist who has completed 5-day supervisor training or equivalent. - Do not need to be accredited supervisors. - 50% supervision from course provider and 50% from Trust. - Demonstrate experience and/or qualification in the given SMHP specialism. <u>Course specific requirements</u> Greater Manchester Trust: Service supervisors would usually be a Band 7 (to reflect both the experience required in the delivery of CBT and working with clients with Personality Based Difficulties). Expected to be BABCP Accreditable (working towards Accreditation).	<u>General requirements</u> - Minimum 1 hr per month specific CBT-PD supervision. <u>Course specific requirements</u> University of Exeter: Recommend 1.5 hr Experienced CBT-PD practitioner. 30-45 hrs a year. This can vary according to whether it is group or 1:1 supervision. Some supervisors offer more. University of Southampton: 35 hours of supervision for diploma (2 yr. course). Minimum fortnightly. This can be delivered in a group setting. There must be enough to support required 200 hours of supervised practice required by BABCP. Greater Manchester Trust: Service supervisors are to provide individual supervision for x3 service cases, minimum fortnightly, for 1 hour, and on 2 occasions per 4 therapy sessions delivered. (Ideally, service training cases should be discussed on a weekly basis but if this isn't possible, then at least discussing them after 2 clinical therapy sessions, assuming on average 4 therapy contacts in a month). University of Exeter: Minimum at least 1 hour per fortnight, more for higher caseloads and depending on individual trainee needs.	<u>General requirements</u> - 8 cases under course supervision. - 1 Formative audio/ video recording of a CBT assessment/ therapy session. - Open Day. - 1 hr Supervisor workshop. - 1 Supervisor report per year: 1 hour. - Termly meetings with Clinical Leads: 1.5 hours. <u>Course specific requirements</u> University of Southampton: Supervisors are to write reports: 3 x supervisor reports in year 1 (5 for diploma, 2 for top up), 2 x supervisor report in year 2. To carry out caseload management responsibility involving responding to risk when needed and to oversee any clinical work that goes over term. Oxford NHS: To attend 5-day supervisor training for field/workplace supervisors. To ask students to play clips of recordings in supervision (ideally assess students formatively using the ACCS). Supervisors must keep a record of which clients are discussed and for how long within each supervision session and whether therapy recordings are played in session. To also attend termly meetings with the course supervisor and student. Greater Manchester Trust: Supervisors are to agree x3 appropriate service cases. They are to retain overall clinical/supervisory responsibility for all training cases. This includes supporting the trainee with clinical case management (including risk management issues) outside the course days/ during term breaks). To provide continued supervision for cases transferred from 'close supervision' to service supervision when therapy continues after the end of close supervision (close supervision usually runs from Oct-July during the academic year). To sign off 2/52 service supervision records; x3 Client Reflective Treatment cases; the student's log of clinical work. Supervisors are expected to attend x3, 1 hour course/service supervisor meetings within the academic year. University of Exeter: Supervisors to write report x1 per year and to meet with university supervisor three terms per year (15-30 mins) offering extra meetings if trainee has difficulties. To report any concerns/difficulties to the course. Optional attendance at supervisor drop-ins and service/university meetings.	2 years (part time).

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for Trust supervisors	Course Length
Cognitive Behavioural Therapy for Eating Disorders CBT-ED Curriculum	University College London (UCL) University of Sheffield	<u>Course specific requirements</u> UCL: AfC band 6 and above. BABCP accreditable supervisor, experienced and competent in delivering CBT-ED Completed 5-day supervisor training or equivalent. University of Sheffield: Supervisors are expected to be at Band 5 and above (nurses). To be BABCP accredited, experienced and competent in delivering CBT-ED (Ideally recommend having done the BABCP supervisor accreditation).	<u>Course specific requirements</u> UCL: To offer a minimum 1 hour per month either individual or group of CBT-ED specific supervision. Clinical/supervision hours based on a minimum of a 2-day clinical practice week but can be adjusted. Minimum requirement is 64 hours of clinical supervision. Clinical supervision is given in groups of 3-4 trainees, 1 hour weekly in term time and 2 hours fortnightly in vacations. University of Sheffield: CBT-ED specific supervision is provided by the university. Local supervision would be regarding case-management, risk, and other models, as per local arrangements.	<u>Course specific requirements</u> UCL: Onsite supervisor to manage placement reviews and final reports. University of Sheffield: Supervisors carry out and sign off on portfolio assessments. Supervisors are expected to attend 6-8 Tripartite meetings (trainee – clinical supervisor – University supervisor) over the two years. Each will take the supervisor c.45 minutes.	2 years (part time).
Dialectical Behaviour Therapy DBT (Full/pathway A & Top-up/pathway B) Curriculum	British Isles DBT Training Internal Trust training	<u>General requirements</u> - Required minimum 15 hours consultation team supervision in the first year. - AfC band 6 and above, typically core profession. - Accredited DBT therapists, DBT supervisors or DBT trainers with an independent accrediting body (e.g., Linehan Board of Certification, Society for DBT in the UK and Ireland). - Supervisors are subject to course approval.	<u>General requirements</u> - A minimum of 15 hours of group supervision. - Mix of peer supervision within the consultation team.	<u>General requirements</u> - None specified.	2 years P/T for full/pathway A. 18 Months P/T for Top-up/pathway A.

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for supervisors	Course Length
Mentalisation Based Treatment MBT Curriculum	Anna Freud Centre	<u>General requirements</u> - AfC band 6 and above. -Senior clinician who has completed the MBT Certificate Course. - To have a professional registration recognised by the Anna Freud National Centre for Children and Families as having specific competence to act as a supervisor in their chosen model.	<u>General requirements</u> - Minimum of twice monthly for 1 hour with a minimum of 22 supervision sessions attended - At least 4 hours supervision for each case with no more than 3 other supervisees (from the same team where possible)	<u>General requirements</u> - Supervisors are to engage in observation, discussion, and review of recordings of the trainee’s MBT individual sessions. This is a minimum of 3x15 minute sections from different sessions over the whole treatment for each patient. - To discuss reflective summaries of MBT cases produced by students - To carry out MBT supervision of therapy with four individuals or two groups - Supervisors are also requested to submit supervision reports per supervision session and complete adherence scale 2x per group.	5 days training plus supervision over a period of 12 months.
Family Interventions for psychosis and bipolar disorder (Flp) Curriculum	University of Exeter Birmingham and Solihull NHS Foundation Trust (Meriden) Sussex Partnership NHS Foundation Trust Kings College London (KCL)	<u>General requirements</u> - BPS guidelines require “experienced and qualified clinician with relevant training.” - Minimum of one year of supervised practice in Flp by HEI. <u>Course specific requirements</u> University of Exeter: It is recommended for supervisors to be trained in Flp and based in the same place of work as the trainee. Supervisors are expected to have a core mental health qualification, be trained and experienced in delivering FI and ideally have intermediate level family therapy training. These requirements are flexible. The do not state that supervisors need to be employed by the service, however the service needs to be clear that the supervision meets their clinical governance arrangements. Birmingham & Solihull NHS (Meriden): See requirements for Exeter.	<u>General requirements</u> - Minimum of 1 hr. per month of Flp-specific supervision from an experienced Flp practitioner (within service).	<u>General requirements</u> Supervisors are to attend quarterly 2-hour online supervision meetings. - To engage in In-house correspondence/activities of identifying suitable FI trainees. KCL: Expectation of a local supervisor to oversee workforce maintenance/development, and the person completing the course to be proactive in ensuring their practice is governed. At a minimum, peer co-working embedded in CMHT clinical oversight of cases and linking with a psych therapy governance arrangement at least monthly, extending to regular co-working and supervision on a weekly or fortnightly basis at the higher end.	Training days may vary between training providers, but at least 10 days of teaching.

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for supervisors	Course Length
Eye Movement Desensitization and Reprocessing EMDR EMDR website	Somerset NHS Foundation Trust	<u>General requirements</u> - Supervisors are expected to be accredited EMDR Europe Consultant with 3 years' experience of EMDR.	.	<u>General requirements</u> - No supervision requirements from service provider.	4 days with 10 hours of group supervision and consultancy 20 Hours (minimum).
Cognitive Analytic Therapy CAT Curriculum in development	Association for Cognitive Analytic Therapy (ACAT) University of Exeter	<u>General requirements</u> - Supervisors are expected to be experienced CAT therapist/ practitioner. - ACAT accredited supervisor.	<u>General requirements</u> - Cases must be supervised by an ACAT accredited supervisor. - Supervision is weekly other than for annual leave. - Weekly (15 mins per case) until completion of all clinical work for the course. - 225 supervised clinical hours to fulfil UKCP requirement.	<u>General requirements</u> - To facilitate face to face discussion in groups - Also expected to supervise 8 cases over a year.	3 years.
Maudsley Model of Anorexia Therapy for Adults MANTRA Training Programme	South London and Maudsley NHS Foundation Trust	<u>General requirements</u> - Supervisors must be AfC band 6 and above. - Experienced MANTRA Practitioner. - Experience of supervising delivery of this therapy within their teams. - Several Trusts use same requirements as CBT-ED.	<u>General requirements</u> - Minimum 1 hr per month, 2.5 hours usually.	<u>General requirements</u> - To deliver 15 supervision sessions, fortnightly over 40 weeks from March to January.	-5 training days and 15 supervision sessions.

Supervision Requirements for Therapies under PT-SMHP (top-up course)

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for supervisors	Course Length
CBT Eating Disorder - top up	<p>University of Sheffield</p> <p>University College London (UCL)</p>	<p>General requirements Supervisors are expected to be AfC Band 5 and above (nurses). BABCP accredited, experienced and competent in delivering CBT-ED (recommended BABCP accredited supervisor).</p> <p>Course specific requirements University of Sheffield: Sheffield recommends that supervisors do the CBT-ED supervisor training from Sheffield University.</p>	<p>Course specific requirements UCL: Minimum 33 equivalent hours clinical supervision on cases provided by a BABCP accredited practitioner.</p> <p>University of Sheffield: CBT-ED specific supervision is provided by the university. Local supervision would be regarding case-management, risk, and other models, as per local arrangements.</p>	<p>Course specific requirements UCL: Minimum completed cases that will have been treated for a minimum of five sessions and received a minimum of 5 hours supervision / case from an accredited practitioner.</p> <p>University of Sheffield: Supervisors must sign off portfolio assessments as they go along. Approximately two hours for the supervisor per year. Supervisors to attend 3-4 Tripartite meetings (trainee – clinical supervisor – University supervisor) over the two years. Each will take the supervisor 45 minutes.</p>	1-year P/T.
CBT Personality Disorder - top up	<p>Oxford</p> <p>Greater Manchester Mental Health FT Psychological Therapies Training Centre</p> <p>University College London (UCL)</p> <p>University of Exeter (CEDAR).</p> <p>University of Southampton</p>	<p>General requirements - Supervisors are expected to be BABCP accredited. - Meet close supervision requirements for at least one patient (ideally two) per term. - Those supervising the PD element will be required to demonstrate experience and/or qualification in the given SMHP specialism.</p>	<p>General requirements 1 hour per fortnight unless specified differently below.</p> <p>Course specific requirements University of Exeter: At least 1 hour per fortnight. More for higher caseloads and depending on individual trainee needs.</p> <p>Oxford: Supervisors are expected to provide fortnightly individual field supervision (minimum 1 hour). If the student is only on the 1-year top-up this could be minimum 1 hour monthly individual but ONLY if the student is very experienced.</p> <p>GMMH: Service supervisors to provide individual supervision for x3 service cases. This is a minimum of 2/52 supervision for 1 hour, and on 2 occasions per 4 therapy sessions delivered.</p>	<p>General requirements No additional requirements other than supervision.</p>	<p>1-year P/T.</p> <p>University of Exeter: 6 months.</p>

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for supervisors	Course Length
CBT Psychosis & Bipolar Disorder - top up	Oxford Greater Manchester Mental Health FT Psychological Therapies Training Centre University College London (UCL) University of Exeter (CEDAR). University of Southampton University of Hull	<u>General requirements</u> - Supervisors are expected to be BABCP accredited. - To meet close supervision requirements for at least one patient (ideally two) per term. - Those supervising the Psychosis and Bipolar element will be required to demonstrate experience and/or qualification in the given SMHP specialism. - In year 2 Supervisors will need knowledge of CBTp. and the university can provide training/workshops to support this). <u>Course specific requirements</u> University of Exeter: To meet close supervision requirements for at least 3 patients per term, potentially more depending on trainee case load. Expected to have experience/qualification in psychosis and bipolar, they provide workshops/guidance/support/training on supervision.	<u>General requirements</u> - Supervisors are to provide fortnightly supervision for 1 hour.	<u>General requirements</u> - Supervisors must give 2 x formative ratings. - To complete a mid-point workplace supervisor report around June time. - To give a live session via CTSR. - Sometimes if a trainee requires additional support, then workplace supervisors are invited to joint meeting to consider support plans. - Workplace supervisors also have a 15-minute meeting with the university supervisor once per term (3 times a year). <u>Course specific requirements</u> University of Exeter: Trainees benefit from supervisors using the CTSR, other meetings and support is offered (e.g. termly supervisor hubs for ad-hoc questions, twice yearly university-service meetings), where trainees are struggling meetings between the trainee, university and service may be held.	1-year P/T.
Dialectical Behavior Therapy - top up	British Isles	<u>General requirements</u> - Supervisors are expected to be AfC band 6 and above - Accredited DBT therapists, DBT supervisors or DBT trainers with an independent accrediting body (e.g., Linehan Board of Certification, Society for DBT in the UK and Ireland) - Supervisors subject to course approval	<u>General requirements</u> - Supervisors are required to provide 20 hours of supervision. - There is no mandatory number of supervision hours for the Trust to provide. Supervisors within the Trust can offer the 'course required supervision', providing they are accredited therapists with the Society for DBT.	<u>General requirements</u> None specified.	18 Months P/T for Top-up/pathway A including full course.

Supervision Requirements for new roles under PT-SMHP

Psychological therapy	Course providers	Supervisor requirements during course	Frequency and Duration of Supervision	Additional tasks for supervisors	Supervisor requirements post qualification	Hours per month post qualification	Course Length
<p>Clinical Associate in Psychology (CAP)</p> <p>No available curriculum</p>	<p>University of Plymouth</p> <p>University of Exeter</p> <p>Accredited by BPS</p>	<p>General requirements</p> <ul style="list-style-type: none"> - Qualified HCPC registered Psychologists working within a clinical context. 	<p>General requirements</p> <ul style="list-style-type: none"> - Supervisors will provide 1 hour to 1.5 hours a week. There can be 1:1 with additional group but cannot only be group. - Additional 3 hrs contact with CAP from supervisor or other senior members of the multidisciplinary team. 	<p>General requirements</p> <ul style="list-style-type: none"> - Supervisors are also clinical educators and therefore are required to monitor progress and confirm CAPs are operating at the expected level. - Read academic and clinical work, attend clinical tutor and tripartite (apprenticeship based) meetings. - There is an expected reduction in supervision hours, but there is current variation as supervisors set up systems and CAPS are embedding within Trusts. 	<p>General requirements</p> <ul style="list-style-type: none"> -Varies by location. BPS accreditation committee expected shortly to standardise. 	<p>General requirements</p> <ul style="list-style-type: none"> - To provide 1 hour 1:1 every other week plus 1.5 hour group supervision (often peer facilitated). -Minimum of three reviews a year between clinical workplace supervisor and trainee. -Post qualification it is expected that supervision requirements will be 1 hour even other week although this is currently being formalised by the BPS. 	18 months.
<p>Mental Health Wellbeing Practitioner MHWP</p> <p>Curriculum</p>	<p>University of Exeter</p> <p>University of Hull</p>	<p>General requirements</p> <ul style="list-style-type: none"> - Clinical Skills Supervision can be provided by a range of psychological professionals with specific competences in CBT-based interventions, supervisor competences, and who have attended the supervisor training. - All supervisors should have specific training on MHWP supervision. - Case management supervisor can be any suitably qualified professional. Clinical skills supervisor must have competencies in the interventions which the MHWPs will provide - Potential for a developing Senior MHWP role that would provide supervision. 	<p>General requirements</p> <p>Minimum 40 hrs clinical supervision, at least 20 in case management supervision and at least 20 in clinical skills supervision.</p> <p>Course specific requirements</p> <p>University of Hull:</p> <p>Specified minimum 20 hours in case management supervision and at least 20 hours in clinical skills supervision.</p> <p>University of Exeter:</p> <p>It is recommended that individual 4-hour case management supervision per month and fortnightly individual or group-based clinical skills supervision (2hrs per month if 1:1 or 4hrs per month if groups of 2 – 3 supervisees).</p>	<p>General requirements</p> <ul style="list-style-type: none"> - Supervisors are required for 3-5 days of training which is around 30 hours in total. - To give 2 hour induction training, 3 hour writing supervisors reports, 3 hour observed practice, 3 hour termly meetings, and 3 hour placement meeting over a year - Supervision training (clinical) (5 days training via HEE allocations). - Supervisor reports (no more than an hour would be sufficient). - Liaising with university (usually contained within the workshop times). - Other tasks (observed practice) - Attending supervisor workshop(s) (5 per year running for 2 hours each) difficult to quantify shadowing and observed practice. 	<p>General requirements</p> <ul style="list-style-type: none"> - Supervision post qualification as per IAPT Manual, with weekly caseload management supervision plus monthly clinical skills supervision. 	-Not specified.	Part time 1 year.

Supervision Training Requirements and Details

Supervision Training Course:	Course Provider	Content	Mode of Delivery	Course Commitment and Requirements
Dialectical Behavior Therapy - supervision	British Isles	This is a 5-day training in supervision in DBT is divided over three parts. The focus of the first two days of training is on DBT supervision for teams. Here learners will learn to assist teams in their efforts to implement DBT with fidelity to the model, with a focus on functions and modes. In the second two days of training, learners will be taught the principles of supervising individual DBT practitioners and will focus on training supervisors to shape their supervisees towards adherence to the DBT model. In the final day of training learners will learn how to manage problems that arise in supervision. This day will involve a mixture of didactics and problem-solving issues that learners have faced in their supervision efforts to date.	Delivered online.	<ul style="list-style-type: none"> - 5-day course - Be current ordinary members of the Society for DBT: UK & Ireland. - Treated a minimum of 15 clients using DBT and 10 for their complete DBT treatment. - Attended weekly consult for a minimum of 5 years - Provide evidence of on-going Continuing Professional Development (CPD) in DBT, mindfulness or related topics - Be providing regular specialist DBT Supervision which must include listening to, and giving feedback on, tapes of 1:1 DBT sessions - Have evidence of regular supervision or support for their supervision activities.
CBT Psychosis & Bipolar Disorder - Supervision	<p>Oxford</p> <p>University of Exeter</p> <p>Greater Manchester Mental Health FT Psychological Therapies Training Centre</p> <p>University College London (UCL)</p> <p>University of Exeter (CEDAR)</p> <p>University of Southampton</p> <p>University of Hull</p>	<p><u>Course specific requirements</u></p> <p>University of Exeter: The course content is designed in line with the national curriculum for psychological interventions for people with psychosis or bipolar disorder and is underpinned by the CBT for psychosis and bipolar disorder competency framework. Teaching will involve classroom-based activities, self-directed learning and coursework assessments, preparations for invigilated assessments, practical work, and clinical skills practice. Watching therapy sessions and rating competency along with theory and practice. Southampton: Assignments include s/v report, CTSR (formative) and CTSR (summative)</p> <p>UCL: A series of supervision workshops for site supervisors offered 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 stream the trainee is in.</p>	<ul style="list-style-type: none"> - University of Hull: Online from 2023 - University of Exeter delivers the course remotely online. - University of Southampton Delivers online 	<p><u>Course specific requirements</u></p> <p>UCL: 3-day training. Trainees should have a core profession, if they do not, they need to complete a KSA Portfolio</p> <p>University of Hull: 5-day course. Suitable for any BABCP accredited CBT therapist working in secondary care services. Anyone who has an existing supervision qualification such as the IAPT 5-day training can APEL the first 2 dates.</p> <p>University of Exeter: 6 session training three full teaching days and four shorter (2.5 hours) Supervision of Supervision sessions (SoS)</p> <p>University of Southampton: Course is included as a module as part of PG Dip / Cert in CBT, taken by their enrolled student. - BABCP accredited. - Meet close supervision requirements for at least one patient (ideally two) per term. - Demonstrate experience and/or qualification in the given SMHP specialism - All applicants need a Diploma or equivalent in CBT (this may include IAPT HI or DClinPsychol training) and to be able to demonstrate the ability to work effectively at masters' level. - Applicants need to have the support of their manager to attend the teaching programme and be able to practice as a CBTp therapist post training.</p>

Supervision Training Course:	University/Provider	Content	Mode of Delivery	Course Commitment and Requirements
CBT Personality Disorder - Supervision	Oxford Greater Manchester Mental Health FT Psychological Therapies Training Centre University College London (UCL) University of Exeter (CEDAR) University of Southampton	<p>General requirements This course develops both supervisory and training skills by combining didactic presentation with live teaching and live supervision practice. It reflects the expectation that clinicians will be able to offer sound supervision and training in CBT, thus achieving and maintaining adequate standards of CBT. The course comprises 18 workshops (presented in five teaching blocks from October to March).</p> <p>Course specific requirements UCL: CBT-PD supervision day 1 - CBT models for PD. There will be 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. CBT-PD Supervision Day 2 - Deliver of CBT for PD and challenges for supervision. 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.</p> <p>University of Exeter: This will include watching therapy sessions and rating competency along with theory and practice.</p> <p>University of Southampton: This will include assignments such as a supervision report, CTSR (formative) and CTSR (summative).</p>	<p>General requirements Delivered remotely.</p> <p>Course specific requirements</p> <p>-University of Exeter delivers the course remotely online.</p> <p>-University of Southampton delivers the course online.</p> <p>-UCL currently delivers the course remotely online.</p>	<p>Course specific requirements UCL: 1 year training, Trainees should have a core profession, if they do not, they need to complete a KSA Portfolio</p> <p>University of Exeter: 6 session training three full teaching days and four shorter (2.5 hours) Supervision of Supervision sessions (SoS).</p> <p>University of Southampton: The course is included as a module as part of PG Dip / Cert in CBT, taken by our enrolled students. Supervision of Supervision sessions (SoS) -BABCP accredited. -Meet close supervision requirements for at least one patient (ideally two) per term. -Demonstrate experience and/or qualification in the given SMHP speciality.</p>
CBT Eating Disorder (CBT_ED) – Supervision	University College London (UCL) University of Sheffield	<p>Course specific requirements UCL: The course includes updating of personal CBT-ED skills. Evidence-based approaches to supervision that enhance supervisee skills, focusing on engaging supervisees to ensure adherence; monitoring progress and outcomes; sharing of skills and further learning; and long-term career skills and service development. Supervision Workshop: Day 1 - The model and general principles; Core treatment procedures; Doing treatment well. (Zafra Cooper, CREDO, Oxford University and Yale) CBT-ED Supervision Workshop: Day 2 - The process of supervision - Key goals and tasks; Setting up supervision; Common topics and challenges. (Rebecca Murphy, CREDO, Oxford).</p> <p>University of Sheffield: The course consists of seven core days on BABCP supervision competences and meta-competences (necessary to pass the course). A series of optional days for supervisors who want to refresh their CBT-ED and wider supervision skills, which are open to clinicians more widely (one day on each): -CBT-ED skills, CBT-T skills, Body image skills, Adapting CBT-ED for complex cases. -Fundamentals of supervision, Group CBT supervision.</p>	<p>Course specific requirements -UCL currently delivers the course remotely online.</p> <p>-University of Sheffield delivers the course remotely.</p>	<p>Course specific requirements University of Sheffield: Lasts about 10 months -- 7 core workshops and 4 voluntary 'top-up' ones. Requirements - to be supervising CBT-ED trainees or practitioners across the course of a year, so that they can try out the skills. Supervisors need to be supervising at least one colleague or trainee throughout (not necessarily someone on the course). There is no portfolio requirement, as this is not an examined course.</p> <p>UCL: 1 year training, Trainees should have a core profession, if they do not, they need to complete a KSA Portfolio</p>

Accrediting Body Supervisor Requirements

Therapy Type:	Accrediting Body	Experience required to supervise	Additional Information	Separate accrediting process for supervision?	Details of Supervisor Accreditation Process
Mentalization Based Treatment (MBT)	BPC	- Application to become a supervisor may be made by highly experienced clinicians (e.g., other therapy trained and a supervisor role in current job plan) after 2 years practitioner status (normally 3 years post-practitioner status)	Supervision: completed at least 6 supervised MBT-cases dating from period after having acquired MBT therapist registration (supervision individually or in group)	-Yes MBT Supervisor	<ul style="list-style-type: none"> -Mental health professional registered with professional organisation (country specific) -Meet criteria for practitioner MBT therapist (or on country specific MBT register) and evidence of continued status. -Evidence of continuing education in MBT through attendance at additional training/learning events annually. -Supervision: evidence of treatment and completion of at least 6 supervised MBT-individual cases with supervision from an accredited supervisor dating from period after having acquired MBT practitioner therapist registration (supervision individually or in group) -Completed 2 x 18-month MBT groups as primary clinician following practitioner level with supervision individually or within group supervision. -Supervision from a minimum of two recognised supervisors. -Satisfactory report from two or more MBT supervisors
Dialectical Behavioural Therapy (DBT)	SfDBT	- Requirement of accredited DBT Therapist with the SfDBT for at least three years.	<ul style="list-style-type: none"> -Supervisors must be providing regular specialist DBT Supervision which must include listening to, and giving feedback on, tapes of 1:1 DBT sessions -Supervisors must have evidence of regular supervision or support for their supervision activities 	-Yes DBT Supervisor	<ul style="list-style-type: none"> -Be current ordinary members of the Society for DBT: UK & Ireland. -Treated a minimum of 15 clients using DBT and 10 for their complete DBT treatment. -Attended weekly consult for a minimum of 5 years -Provide evidence of ongoing Continuing Professional Development (CPD) in DBT, mindfulness or related topics -Be providing regular specialist DBT Supervision which must include listening to, and giving feedback on, tapes of 1:1 DBT sessions -Have evidence of regular supervision or support for their supervision activities.
Eye Movement Desensitisation and Reprocessing Therapy (EMDR)	EMDR UK	-Requirement of 3 years' experience of being an EMDR Europe Practitioner	-Expectation to have undertaken a minimum of 30 hours EMDR related Continuing Professional Development (CPD) and aware of current EMDR research	-Yes Consultant Accreditation	<ul style="list-style-type: none"> -Treated a broad range of clients of varying diagnoses and complexity. -Minimum of 400 EMDR sessions since becoming an EMDR Europe Accredited Practitioner. -Treated a minimum of 75 clients utilising EMDR since becoming an EMDR Europe Accredited Practitioner. -Demonstrated competency in both their provision of clinical supervision/ consultation and of their clinical work -Engaged in a minimum of 20 hours clinical supervision/ consultant with an EMDR Europe Accredited Consultant.
Cognitive Behavioural Therapy (CBT)	BABCP	-Expectation for supervisors to be fully accredited therapist for a minimum of 3 years	Supervisors do not need to hold supervisor accreditation to offer supervision.	-Yes Supervisor Accreditation	<ul style="list-style-type: none"> -Have provided a minimum of 80 hours CBT supervision over the past two years. -Have treated a significant number of clients from a spectrum of complexity and a variety of problem areas using CBT, under regular CBT Supervision. -Be receiving regular Supervisory Supervision. This should total at least five per cent of your overall supervisory practice or one hour per month. -Minimum of one piece of supervisory CPD per year for the past two years.

Practitioner Requirements for Frequency and Duration of Supervision Required Post-Training

Accrediting Body	Frequency and Duration of Supervision
BABCP (CBT)	<ul style="list-style-type: none"> - For a full-time clinical practice, this should be a minimum of one-and-a-half hours per month of individual supervision - If you work less than half-time clinical work, you can reduce the overall amount of supervision time on a pro-rata basis to a minimum of 45 minute. - Not a requirement however, they advise that newly trained practitioners have a higher frequency and duration of supervision than experienced colleagues.
EMDR UK (EMDR)	<ul style="list-style-type: none"> - EMDR supervision should be regarded as specialist supervision additional to any supervision required by the therapist's employer or core profession. - In general, the <u>minimum</u> requirements for supervision are recommended to be as follows: <ul style="list-style-type: none"> - At least once per month - At least one hour per month individual supervision <u>or</u> at least two hours per month group supervision (in a group of no more than 6 supervisees) - An 'SOS' facility whereby the supervisor can be contacted between scheduled sessions for a brief telephone/Skype consultation or can be asked a specific question by email
ACAT (CAT)	<p>Accredited Practitioners:</p> <ul style="list-style-type: none"> - Once accredited as a practitioner ACAT members should continue to be in supervision ideally with an accredited ACAT supervisor or an ACAT trainee supervisor, according to an agreed plan that is acceptable for maintenance of ACAT CPD. In some circumstances, a combination of peer-supervision with other CAT therapists in consultation with an ACAT accredited supervisor may be acceptable for the maintenance of ACAT CPD. There needs to be a minimum of 1.5 hours per month planned CAT supervision in group or individual supervision. <p>Accredited Psychotherapists:</p> <ul style="list-style-type: none"> - In the first five years post accreditation as an ACAT accredited psychotherapist, it is recommended that psychotherapist members continue in individual or group supervision with an ACAT accredited supervisor - this is a requirement for UKCP registrants¹. After the first five years post qualification the psychotherapist should arrange for supervision or consultation on their clinical work as appropriate. <p>Practitioners can still have supervision with a non-accredited supervisor providing they do not count any cases supervised by them as part of their supervisor training and as long as there is some level of oversight from an accredited supervisor.</p>
BPC (MBT)	<p>The HEE 12-month programme includes attending the MBT Basic and MBT Practitioner trainings plus 22 hours of supervision. However, delegates might need to continue with private supervision to gain further experience to meet requirements to become an accredited practitioner.</p> <p>The 22 hours of supervision is divided, they recommend around 11 hours prior and 11 hours after the Practitioner training.</p>
SfDBT (DBT)	<ul style="list-style-type: none"> - Once an individual has become accredited then they must submit a maintenance of accreditation form every 12 months for ten years up until they need to re-accredit. This is due on the date that their membership with the SfDBT is due. This process involves providing evidence that an individual is working in a full DBT service offering all modalities and submitting 15 hours of CPD. Supervision evidence is not requested per se, this can be used for CPD if someone is receiving supervision via another accredited DBT therapist. It goes without saying that receiving regular supervision is regarded as best practice. - If someone goes on to become an accredited DBT supervisor, then they do need to prove that they are receiving regular supervision from another accredited DBT therapist/supervisor.

Notes

- Where no curriculum is stated, this is because it was not available at time of writing.