Course: how to train and supervise in cognitive behavioural therapy

Address: https://asadis.net/en/course/model-training-and-supervision-cognitive-behavioural-therapy/

Duration: 3h

Type of course: Continuing education

Location: Online course

Individual price: $120.00

Overview:
Cognitive Behavioural Therapy (CBT) is a complex therapeutic model. It rests upon a sound therapeutic relationship, a comprehensive assessment of the client and his or her needs, a case conceptualization that evolves as experience with the client develops, and the selection of interventions based on the case conceptualization that has demonstrated efficacy. Training in CBT is now available in many settings, but the available number of supervisors may make it difficult to access this training.
In this workshop, Prof. Keith Dobson, with over 40 years of experience in teaching CBT, presents a comprehensive training model and strategies to assess both development and adherence to CBT principles. He also provides many practical suggestions for preparing trainees for the supervision process, structuring supervision sessions in CBT, and addressing some of the major challenges that may emerge. The workshop presents both theoretical and practical advice that will be primarily a benefit to people who intend to provide training and supervision.
This workshop will also assist trainees so that they can plan and engage in training in an optimal fashion. For example, it is noted that many training experiences begin with the goal of improving skills, but don’t necessarily focus on attaining a certain level of competence or mastery. In contrast, supervision is based on the idea that the trainee will pass a given benchmark of adherence or competence. These two different situations require different frameworks for training and supervision, as is discussed in the workshop. It is also noted that ongoing assessment of outcome and supervision is required, just as it is in work with clients. Based on this consideration, time is spent discussing a common evaluation framework and how to measure supervision success.
Learning objectives:
1. Develop a conceptualization framework for training and supervision

2. Understand key considerations before starting the supervision process
3. Implement framework for measuring adherence and competency in CBT
4. Implement a framework for supervision sessions
5. Recognize and addressing major challenges in CBT supervision

Learning material:
This workshop includes theory as well as clinical examples. It includes videos ranging from 5-15 minutes in length. The PowerPoint of the workshop can be downloaded.

Audience: This training is intended for mental health professionals.

The expert
Prof. Dobson is a Professor of Clinical Psychology at the University of Calgary. His research has focused on both cognitive models and mechanisms in depression, and the treatment of depression, particularly using cognitive-behavioural therapies. In addition to his research in depression, Dr. Dobson has examined psychological approaches and the integration of evidence-based treatments in primary care. He has written about developments in professional psychology and ethics and has been actively involved in organized psychology in Canada, including a term as president of the Canadian Psychological Association. Dr. Dobson is also a principal investigator for the Opening Minds program of the Mental Health Commission of Canada, with a focus on stigma reduction related to mental disorders in the workplace.

Prof. Dobson's research has resulted in over 300 published articles, 80 chapters, 17 books, and conference and workshop presentations in many countries. His recent books include the Handbook of Cognitive-behavioral Therapies, 4th Edition (2019, Guilford Press), Law, Standards and Ethics in the Practice of Psychology, 4th Edition (2021, Thomson Reuters), and The Stigma of Mental Illness (2021, Oxford University Press). Dr. Dobson is a fellow of several organizations, including the Canadian Academy of Health Sciences and the Royal Society of Canada.

Syllabus
PowerPoint
Presentation
Basic ideas about CBT
Program outline
A quick review of different CBT programs
Planning for supervision and training in CBT
The purpose of supervision
Preparing what the supervisee should learn
Short-Term and Long-Term goals with the supervisee
Needs and expectations
Choosing the appropriate case
Measuring adherence and competence

Evaluating the supervisee
Session structuring and reviewing
Questions to evaluate adherence
The Cognitive Therapy Rating Scale (CTRS)
Structuring supervision in CBT
Supervisiory techniques
Problems during supervision
Further Training
Conclusion

Evaluation:
To validate the achievement of the learning objectives, a final evaluation in the form of true/false questions is required. It must be completed in order to obtain the certificate of completion.
In addition, an optional self-assessment is offered at the beginning and end of the course, allowing you to measure your progress on the targeted skills.
These evaluations are not graded and are intended primarily to support your professional reflection.

Access timeline: Once registration is confirmed, you (or the learner) may start the training at any time, independently and at your own pace. You can access the training for as long as Asadis as the legal right to diffuse it (typically 10 years).

Questions? Feel free to contact us at *contact@asadis.net*