## **CBT Competency Framework**

Generic therapeutic competences

Ability to implement CBT using a collaborative approach

knowledge and understanding
the winder of all the relative to
operate within, professional
and ethical guidelines

knowledge of basic principles of CBT and rationale for treatment

seeking behaviours

ability to agree goals for the intervention

Specific behavioural and cognitive therapy techniques

Problem specific competences Metacompetences

ability to engage client

knowledge of common cognitive biases relevant to CBT applied relaxation & applied tension

Social Phobia – Heimberg Social Phobia - Clark

Panic Disorder (with or without

agoraphobia ) - Clark

Panic Disorder (with or without

agoraphobia ) - Barlow

knowledge of the role of safety-

activity monitoring & scheduling

Guided discovery & Socratic questioning

using thought records

capacity to use clinical judgment when implementing treatment models

Generic metacompetencies

ability to foster and maintain a good therapeutic alliance, and to grasp the client's perspective and 'world view'

and 'world view'

ability to explain and demonstrationale for CBT to client

Specific behavioural and ability to explain and demonstrate cognitive therapy techniques

OCD – Steketee/ Kozac/Foa

capacity to adapt interventions in response to client feedback

ability to deal with emotional content of sessions

Social Phobia – Heimberg Social Phobia - Clark

GAD - Borkovec

GAD – Dugas/ Ladouceur GAD – Zinbarg/Craske/Barlow capacity to use and respond to humour

ability to manage endings

Sharing responsibility for session structure & content

identifying and working with safety behaviours

CBT specific metacompentencies

ability to undertake generic assessment (relevant history and identifying suitability for intervention)

ability to make use of

supervision

ability to adhere to an agreed agenda

Ability to structure sessions

ability to elicit key cognitions/images

ability to detect, examine and help client

reality test automatic thoughts/images

PTSD - Foa & Rothbaum PTSD - Resick PTSD – Ehlers

Depression - High

intensity interventions

capacity to implement CBT in a manner consonant with its underlying philosophy

ability to plan and to review practice assignments ('homework')

ability to identify and help client modify assumptions, attitudes & rules

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 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

Cognitive Therapy – Beck Behavioural Activation -Jacobson

Depression - Low

intensity interventions

Behavioural Activation

Guided CBT self help

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

19