

**Improving Access to**

**Psychological Therapies**

PG/GCertCYP IAPT Enhanced Evidence Based Practice (EEBP)

Clinical Practice Outcomes

Assessment Document

2016 Cohort 2

Name…………………………………………

**CLINICAL PRACTICE OUTCOMES ASSESSMENT DOCUMENT**

**FRONT SHEET**

Student name: ………………………………………………………………………….

Location for practice skills development: …………………………………………

…………………………………………………………………………………………..

Service-based Clinical Supervisor: ……………………………………………….

Contact details for Clinical Supervisor: Tel: ……………………………………..

Email: ……………………………............

University Personal (Academic) Tutor: …………………………………………………

Contact details for Personal (Academic) Tutor: Tel: ……………………………………..

Email: ……………………………............

Signature of Student: ……………………………………………………………….

Signature of Clinical Supervisor: …………………………………………………...

**GUIDELINES FOR THE CLINICAL PRACTICE OUTCOMES DOCUMENT**

The clinical practice outcomes are an essential component of this programme and must be passed in order to achieve the award of PG/GCertCYP IAPT Enhanced Evidence Based Practice (EEBP).

You will be required to submit thisClinical Practice Outcomes Document by:**4th December 2015**tothe CYP IAPT EEBP Programme Administrator (Jo Hughes).

The following must be completed:-

* Front sheet signed by you and your clinical supervisor.
* A summary sheet for each of the clinical practice outcomes showing how you achieved each of the clinical practice outcomes, signed by you and your clinical supervisor.
* The ‘Final Statement of Achievement’ signed by your clinical supervisor.
* The supervision log will need to be signed by both you and your supervisor

NB. The clinical skills supervision record does not need to be completed but has been provided for you to use as you see appropriate.

**FAILURE TO SUBMIT ALL OF THE ABOVE BY THE DUE DATE WILL RESULT IN A FAIL**

**CLINICAL PRACTICE OUTCOMES FOR THE PROGRAMME**

By the end of the programme you are required to demonstrate competence in the following **13**clinical practice outcomes. Your supervisor will sign off this document once they are satisfied you have demonstrated competence in all areas.

**Core Skills Module:**

**1. Collaborative practice: Demonstrating the techniques necessary to develop and maintain individualised therapeutic alliances (that are sensitive to cultural context) that enable the child/young person/their family to be purposefully and collaboratively involved in a partnership of care**. *Competence could be demonstrated to your supervisor for example by providing written case records of the successful use of evidence based treatments, or through feedback volunteered by your patients. This could be demonstrated to your supervisor by giving examples of when you have given a patient informed choice and/or purposely involved family members in a young person’s care and this has been documented.*

**2. Outcome Measurement:Demonstrating the meaningful use of routine outcome measurement (ROMs) in assessment and intervention sessions with the child/young person/their family, adapting care on the basis of this systematic evaluation of outcome.***This could be demonstrated for example through your supervisor directly observing you using ROMs in-session with the child/young person/their family, and/or discussion of the meaning of the measure scores in supervision. Discussions in supervision could evidence that you are able to use such information to make effective and efficient case management decisions.*

**3. Use of Supervision:Demonstrating the ability to use regular scheduled supervision to the benefit of effective case management and personal development.***Your supervisor will need to be satisfied that you have actively engaged in the supervision process effectively and reflexively; this will include demonstrating your ability to reflect on your own learning and to prepare for and use supervision to enhance your own learning and clinical outcomes for the child, young person and their family.*

**Engagement and Assessment Module:**

**4. Engagement skills: Demonstrating core engagement skills of the child/young person/their family, such as listening, reflection, alliance building, active questioning, sense checking and empathy.Where appropriate demonstrating the effective engagement of people from a range of social and cultural groups in evidence based, brief interventions.***Competence could be demonstrated to your supervisor for example by them directly observing you working the child/young person/their family, or through obtaining feedback volunteered by your patients. As appropriate* Your *supervisor will want to see an example of how you have adapted your practice to work with a child/young person/their family from a different social or cultural group. This could be evidenced through reflective accounts drawing on evidence based research and/or written records*

**5. Assessment skills**: **Using a range of methods to conduct comprehensive, structured assessments with children, adolescents and parentsthat consider multiple historical, familial and contextual factors. Undertaking informed assessment concerning risk in relation to children and young people.***To demonstrate you have met this outcome to your supervisor, they could, for example, directly observe you carrying out and recording an assessment.This could be evidenced to your supervisor for example through conversations and written records relating to specific cases. Your supervisor may wish to see that you are able to detect and manage risk appropriately.*

**6. Shared understanding of difficulties: Demonstrating the development of a shared understanding with the child/young person/their family that highlights key factors, identifies goals and outlines next steps. Draw on knowledge of diagnoses and evidence-based practice to help the family make a decision about appropriate interventions.***This could be evidenced to your supervisor for example through conversations and written records relating to specific cases. Your supervisor may wish to see that you are able to identify an evidence based intervention appropriate to the child/young person’s emotional distress.*

**Evidence based Interventions Module:**

**7. Working with Parents: Understanding and demonstrating how to successfully engage parents in developing shared understandings of difficulties. Enabling parents to support interventions with young people that are informed by social learning perspectives.***Competence could be demonstrated to your supervisor for example by them directly observing you working the child’s/young person’s parents, or through obtaining feedback volunteered by the parents.This could also be evidenced to your supervisor through conversations and written records relating to specific work with parents, or by giving examples of when you have purposely engagedparents in a young person’s care and this has been documented.*

**8. Working with Anxiety:Demonstrating a critical understanding of the phenomenology, diagnostic classifications and epidemiological characteristics of anxiety disorders in children and young people; a critical understanding of clinical research literature on exposure for anxiety disorders in children and young people (clinical trials and outcome studies); understanding how to sensitively adapt Behaviour Therapy for anxiety disorders to ensure equitable access, taking into account the age of the child/young person, and cultural and social differences and values among the children, young people and their parents/guardians.** *To demonstrate you have met this outcome to your supervisor, they could, for example, directly observe you treating a child/young person experiencing anxiety.This could also be evidenced to your supervisor for example through conversations and written records relating to specific cases.Discussions in supervision could evidence that you are able to critically appraise literature on anxiety disorders and make effective decisions as to the adaptation of interventions to meet the developmental level of the child/young person.*

**9. Working with Depression: Demonstrating a critical understanding of the phenomenology, diagnostic classifications and epidemiological characteristics of depression. Demonstrating a working knowledge of the behavioural activation model, behavioural theory and the role of behaviour in the development and maintenance of depression**.*Competence could be demonstrated to your supervisor for example by them directly observing you working with a child/young person experiencing depression. This could also be evidenced to your supervisor for example through conversations and written records relating to specific cases.Discussions in supervision could evidence that you are able to critically appraise the literature on depression and apply this knowledge to a specific case.*

**10. Managing Worry: Demonstrating an ability to draw on knowledge of the main components of an evidence based intervention for working with worry which may include: progressive muscle relaxation; cognitive restructuring, imagery exposure and in-vivo exposure.***To demonstrate you have met this outcome to your supervisor, they could, for example, directly observe you treating a child/young person experiencing worry.This could also be evidenced to your supervisor for example through conversations and written records relating to specific cases, and discussion and experiential practice of treatment techniques in supervision.*

**11. Lifestyle Management: Demonstratingan understanding and delivery of healthy lifestyle packages and interventions (e.g. sleep hygiene).** *This could be evidenced to your supervisor for example through conversations and written records relating to specific cases. This could also be demonstrated to your supervisor by them directly observing you treating a child/young person’s difficulties through lifestyle management.*

**12. Guided Self-help:Understanding the rationale and demonstrating the delivery of guided self-help. Understanding the use of appropriate self-help materials and supporting the client in the use of relevant and effective materials.***Competence could be demonstrated to your supervisor for example by them directly observing you supporting a child/young person through the use of appropriate self-help materialsor through feedback volunteered by your patients..This could also be evidenced to your supervisor for example through conversations and written records relating to specific cases, and through reflective accounts drawing on evidence based research.*

**13. Relapse Prevention: Demonstrating knowledge and understanding of the importance of adequate preparation for ending therapy, to allow accurate evaluation and consolidation of gains, and preparation for independent practice. Demonstrating knowledge and understanding of the potential for recurrence of depression and anxiety symptoms after ending and competence in collaborating to produce a relapse prevention plan, including medication where necessary, that actively involves the available interpersonal and professional networks.** *To demonstrate you have met this outcome to your supervisor, they could, for example, directly observe you effectively preparing for the ending of treatment with a child/young person through collaboratively developing a relapse prevention plan.This could also be evidenced to your supervisor for example through conversations and written records relating to specific casesand by giving examples of the evaluation of treatment and when this has been documented.*

### ROLE OF THE CLINICAL SUPERVISOR

As well as providing general support, the role of the clinical supervisor involves monitoring and assessing the developing clinical skills/competencies of the trainee through a variety of methods. These could include direct observation, the use of video recordings of clinical encounters undertaken by the trainee and reflections by the student on their developing practice. The taught practice time (both in the HEI and student’s service) and clinical supervision are essential to the achievement of the practice outcomes for each of the clinical practice outcomes in the programme which are summatively assessed by the supervisor and recorded in this clinical practice outcomes assessment document. The clinical supervisor will therefore act to guide and assess the student’s developing knowledge, skills and competence and the achievement of the clinical practice outcomes in relation to clinical aspects of the student’s role.

#### Specific roles of the Clinical Supervisor

* Negotiate, sign and date a supervision contract clarifying boundaries and responsibilities of the supervisor and supervisee
* Use a range of strategies to engage in the supervision process, including regular focused face to face contact within supervision groups, and as necessary allocated telephone and email contact.
* Facilitate ongoing practice teaching and experience for the trainee in order to ensure she/he has the opportunity to develop appropriate competence in clinical skills
* Use a modified version of a Cognitive Behavioural model of supervision by Padesky (1995) ‘Consultation Worksheet’, whereby the supervisee commences all supervision encounters with a supervision question to be addressed by the end of the time allocated
* Carry out observation of the student’s work, directly and indirectly – for example, through live observation/review ofvideo recordings of clinical encounters, the trainee’s reflection on cases - to develop and assess the trainee’s developing level of competence
* Identify the student’s strengths and any shortfalls in development, identifying objectives with the trainee and how these may be achieved going forwards, and prompt liaison with academic staff where difficulty is envisaged or encountered
* Ensure that summative assessment of the clinical practice outcomes is completed within the stated period of the assessment document, and that appropriate records are made.
* Where necessary, to raise concerns and issues regarding the trainee’sclinical skills with appropriate members of staff, both within the clinical service and in the HEI
* Ensure with the student that supervision records are completed (utilising the recording sheets available in the Clinical Practice Outcomes Assessment document)
* Complete an interim report on progress at the halfway point and a final written report (final statement of achievement). Ensure liaison with the HEI throughout the duration of the programme, with concerns being raised as necessary with the course team.
* Make a final decision on the progress of the student in achieving the clinical practice outcomes for the module.

**SOURCES OF EVIDENCE FOR THE ACHIEVEMENT OF CLINICAL PRACTICE OUTCOMES**

You can provide evidence of the achievement of your clinical practice outcomes in a number of ways. It is for your clinical supervisor to make a judgement as to whether they are satisfied that you have provided sufficient evidence of achievement.

Sources of evidence could include:

* Direct observation by your clinical supervisor
* Discussion and questioning by the clinical supervisor in supervision
* Testimony from other colleagues
* Written case records
* Use of video recordings of clinical encounters and feedback from your clinical supervisor on these
* Reflective accounts of how you have achieved the outcome(s), drawing upon the research evidence base
* Feedback volunteered by your patients (the child/young person/their family).

**PG/G Cert CYP IAPT Enhanced Evidence-Based Practice (EEBP)**

**SUPERVISION LOG**

|  |  |  |  |  |
| --- | --- | --- | --- | --- |
| Date | **Nature of Supervision**  Face-face (FF)  Telephone (T)  E-mail (E) | **Length of Time** (mins) | **Supervisee Signature** | **Clinical Supervisor Signature** |
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**NB This must be attached to the completed Clinical Practice OutcomesAssessment document for the programme when submitted. Please keep a copy for yourself**

**PG/G Cert CYP IAPT Enhanced Evidence-Based Practice (EEBP)**

RECORD OF CLINICAL SUPERVISION

(Please photocopy more as required)

|  |  |  |
| --- | --- | --- |
| Student Name |  | |
| Clinical Supervisor Name |  | |
| Date |  | |
| Nature of Supervision  (Please tick) | Face-face (FF) |  |
| Telephone (T) |  |
| E-mail (E) |  |
| **Feedback on any actions from previous session** | | |

Supervision Question(s)

Summary of key issues discussed

|  |  |
| --- | --- |
| **Actions arising from this session:** | **By whom** |
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| --- | --- |
| **Date of next supervision session/contact** |  |

Student signature:…………………………………………. Date: ……………

Clinical Supervisor signature: …………………………….. Date:……………

**One copy should be completed and given to the clinical supervisor. Original to be retained by the student.**

CLINICAL PRACTICE OUTCOMES ASSESSMENT DOCUMENT

**‘EVIDENCE LOG’**

**For each of the13practice outcomes you should provide a summary, on the sheets provided, of the evidence for your achievement of the outcomes. This must be signed by both you and your clinical supervisor. When all outcomes have been signed off by your supervisor they must sign the**

**‘Final Statement of Achievement’**

**Failure to meet clinical practice outcomes:**

Where a student fails to meet the clinical practice outcomes for the programme, they will be given four weeks from the submission date to redeem any unsuccessful outcomes. An action plan must be agreed with the student’s personal supervisor and clinical supervisor and recorded in writing. This facility is only available on one occasion during the programme. A second failure will usually lead to a recommendation for discontinuation*.*

**Clinical Practice Outcome 1: Collaborative practice**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 2: Outcome Measurement**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 3: Use of Supervision**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 4: Engagement Skills**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 5: Assessment**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 6: Development of Shared Understandings**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 7: Working with Parents**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 8: Working with Anxiety**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 9: Working with Depression**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 10: Managing Worry**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Final statement of achievement**

**Clinical Practice Outcome 11: Lifestyle Management**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 12: Guided Self Help**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Clinical Practice Outcome 13: Relapse Prevention**

**EVIDENCE**

Provide a reflective summary to demonstrate how you have achieved this clinical practice outcome.

The summary should draw on appropriate evidence/research. The evidence you provide within your summary can be as varied as you desire, providing it clearly demonstrates how you have achieved this outcome in practice, ie: discussion and/or observation of your practice with your Clinical Supervisor and via application of new evidence/research to your current practice.

Student’s signature: ……………………………………….. Date: ………………….

Clinical Supervisor’s signature: …………………………… Date: ………………….

**Final statement of achievement**

**Clinical Practice Outcomes**

|  |  |  |  |
| --- | --- | --- | --- |
|  |  | Clinical Supervisor Signature | Date |
| SUCCESSFUL(S) | The student has demonstrated  evidence of achievement  of the clinical practice  outcomes detailed |  |  |
| UNSUCCESSFUL (U) | The student has NOT  demonstrated evidence of  achievement of the Clinical  practice outcomes detailed\* |  |  |
| **\* Where this is the case, the Clinical Supervisor should, after consultation with**  **the Programme lead, include a short report justifying this decision in the space**  **provided below and proposed actions that need to be taken by the student**  **to remedy the situation.** | | | |

Reasons why the student has been unsuccessful in achieving the clinical practice outcomes the programme.

Clinical Supervisors signature: ……………………………..… Date: ……………..