

## CAREERS INFORMATION

# Becoming Qualified and Accredited as a **Cognitive Behavioural Psychotherapist**

## Introduction

This document provides information for anyone interested in qualification as a Cognitive Behavioural Psychotherapist and accreditation with the British Association for Behavioural & Cognitive Psychotherapies (BABCP).

## About BABCP

BABCP is firstly a member organisation and essentially an interest group; anyone can join BABCP as a member.

At the moment psychological therapies are unregulated in the UK.

This means there is no legal standard of qualification and training in place for this area.

However BABCP has developed a standard of accreditation for experience and training.

BABCP accreditation is recognised by large organisations such as the NHS and private health care providers. Many of these organisations now ask for their Cognitive Behavioural Psychotherapy (CBP) practitioners to be accredited with BABCP. BABCP also works with NHS, government and higher education institutions to ensure a consistent standard of training is encouraged.

BABCP accreditation currently provides the best possible protection for the public. For details of all CBP practitioners accredited by BABCP, please visit [www.cbtregisteruk.com](http://www.cbtregisteruk.com).

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## 1. Accreditation in CPB - Levels of Accreditation

In order to apply for accreditation applicants need to join BABCP as a member first.

Accreditation is achieved by individual application and applicants must evidence how they meet the BABCP Minimum Training Standards (MTS).

### BABCP Minimum Training Standards

In order to meet the **training requirement** section of the MTS, applicants will need either a Bachelor of Science (BSc), a Post Graduate Diploma (PG Dip) or 'equivalent', or a higher qualification in CBP specifically. This is normally qualification at Post Graduate university level 7 or above. A higher or equivalent qualification could be a Master of Science (MSc) in CBP or a Doctorate in Clinical Psychology, for example. Prior to these types of specific CBP training, the MTS also require that applicants have trained and practised in a core mental health profession, or equivalent, before specialising in CBP. This is explained below.

There are four types of individual accreditation. Initially all applicants apply for **Provisional Accreditation** as a CBP practitioner. Provisional accreditation runs for 12 months and then applicants apply for **Full Accreditation**.

Full accreditation as a practitioner of CBP is then renewable every five years thereafter.

The other two types of individual accreditation available at present are **Supervisor Accreditation** and **Trainer Accreditation**. These are additions to standard practitioner full accreditation.

There are also two levels of **Course Accreditation** but these will be further discussed further on in this document.

## 2. Qualifications in CBP - Levels of Qualification

Most Post Graduate Diplomas in CBP in the UK run over two years. Year One is for a Post Graduate Certificate and Year Two is for a Post Graduate Diploma (Year Three would be for a Masters degree). IAPT Post Graduate Diplomas are usually run over one year intensively (IAPT is explained in 'Further Information' below).

### Accredited Courses

BABCP has accredited a number of courses as meeting the BABCP MTS.

This means that the material within the course curriculum meets all of the BABCP MTS for individual Practitioner Accreditation. There are two levels of Course Accreditation:

- Level 1 accredited courses qualitatively meet all BABCP standards and, quantitatively, some or most of the MTS requirements to varying degrees. Each Level 1 course has a quantitative statement attached that can be provided to enquirers by the course provider.
- Level 2 accredited courses are fully accredited with BABCP and meet all the MTS within the course curriculum. Applicants from all courses still need to apply individually.

### Knowledge, Skills and Attitudes

As already stated, a Core Profession is a requirement to meet the MTS for BABCP accreditation. This area of skills and knowledge must be demonstrated before specialising in CBP.

Health Professionals who are already CBP practitioners (having come from a variety of other routes), but who do not have one of the recognised Core Mental Health Professions, can assemble a Knowledge, Skills and Attitudes (KSA) portfolio to evidence core profession equivalence. The

Core Profession normally precedes specific CBP training; specialist psychotherapy trainings (including CBP) do not have the scope to cover generic mental health skills and knowledge. See 'Useful Links' below to obtain more information on KSA portfolios.

### **CBP Training Programmes**

In order to apply to undertake a Post Graduate CBP course, a first or 'undergraduate' degree, generally in a related area, is needed. This includes mental health, social work, psychology and counselling. Please enquire with individual universities about their Post Graduate CBP course entry requirements.

This first degree could be a Core Mental Health Professional degree, such as social work or mental health nursing (as discussed above).

Having a first degree in an unrelated area (such as an arts or physical science subject) may mean there is a need to gain an Undergraduate Diploma in a related area.

There will usually be a requirement to have some clinical mental health experience too, which would be gained while receiving Core Mental Health Professional training (please enquire with individual universities).

First degrees and undergraduate diplomas are university levels 5 to 6.

## **3. Careers in CBP - Areas of Practice**

Examples of **Areas of Practice** include:

- As a **Clinician** - This could mean individual and/or group therapy work as a therapist with clients. Settings would include NHS community mental health teams, IAPT services, psychology/psychotherapy departments, private hospitals, outpatient clinics and/or as an individual private practitioner.
- As an **Academic** and/or **Trainer** - This could mean in a university department (as a lecturer, reader or researcher) in the field of CBP, attached to a local healthcare trust as a trainer or a combination of all of the above.
- As a **Supervisor** - This could be as a training supervisor, practice supervisor, specialist in supervision, or a combination of any of the above.

Many practitioners combine varying degrees of all of the above.



## 4. Further Information

### Improving Access to Psychological Therapies (IAPT) courses

IAPT is a government initiative begun in 2008 to train more psychological therapists to meet NHS needs. As such the scheme is a joint venture between the Government, NHS and the university sector. BABCP collaborates with IAPT in the accreditation of CBP courses for the IAPT initiative and has accredited several IAPT courses. The courses are Post Graduate Diplomas in CBP, but they are run intensively over one year instead of two and are part of a salaried employment position with the service provider organisations. IAPT trainees go on to become full time clinical CBP practitioners in these mental health services.

For further information on training vacancies within the IAPT programme, please contact local NHS/IAPT service providers.

### Non-accredited courses

Graduates from non-accredited CBP Post Graduate courses can become BABCP accredited, but evidence will need to be provided to show how the respective course meets the BABCP MTS.

Graduates/Trainees on such courses will need to compare their course curriculum to the MTS to establish any differences or shortfall.

CBP practitioners without a recognised Core Professional training undertaking a non-accredited course will need to do an individual BABCP KSA portfolio.

## 5. Useful Links

BABCP Homepage	<a href="http://www.babcp.com">www.babcp.com</a>
Become a BABCP Member	<a href="http://www.babcp.com/join">www.babcp.com/join</a>
BABCP Accreditation	<a href="http://www.babcp.com/accreditation">www.babcp.com/accreditation</a>
Introduction to Training	<a href="http://www.babcp.com/training">www.babcp.com/training</a>
Minimum Training Standards	<a href="http://www.babcp.com/MTS">www.babcp.com/MTS</a>
Knowledge, Skills and Attitude	<a href="http://www.babcp.com/KSA">www.babcp.com/KSA</a>
Online Register of BABCP Accredited CBP Practitioners	<a href="http://www.cbtregisteruk.com">www.cbtregisteruk.com</a>
Improving Access to Psychological Therapies	<a href="http://www.iapt.nhs.uk">www.iapt.nhs.uk</a>

### Contact BABCP

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