



## **The Certificate in Cognitive Behavioural Therapy Skills for Occupational Health Professionals**

### **Entry criteria for counsellors**

- Applicants must be accredited or working towards accreditation with a recognised counselling organisation eg. BACP, UKRC-Registered independent counsellor, UKCP, BPC-British Psychoanalytic Council, Chartered Counselling Psychologist,, UKAHPP, COSCA, IACP, FDAP
- Applicants must be in receipt of regular clinical supervision from an appropriate practitioner (s). Supervision must be conducted on a monthly basis as a minimum requirement
- Applicants must adhere to the principles outlined in the 'Ethical Framework for Good Practice in Counselling and Psychotherapy-BACP'
- Applicants must have completed or be working towards a recognised qualification in counselling at the minimum academic level of diploma. The counselling qualification should reflect a credible theoretical orientation(s).
- Applicants must be employed in an occupational health setting/context or confirm that at least 50% of their workload is in the context of occupational health
- Applicants must have the agreement and support of their employer in adopting a cognitive behavioural approach to their work
- Applicants must provide a reference from their clinical supervisor confirming that the applicant satisfies the above criteria (please see attached *Clinical Supervisor Reference Document*)

# Clinical Supervisor Reference Document

Applicants Name: .....

## Supervisors Details:

Name: .....

Company .....

Address: .....

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Postcode: ..... Tel No. ....

Email: .....

Employment position: .....

Professional relationship of referee to applicant: .....

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How long have you supervised the applicants work? .....

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Are you an accredited member of a counselling organisation? If so, which one? .....

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Do you hold a professional healthcare qualification? If so, which one? .....

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## Type of clinical work undertaken by the applicant

1) What types of clients does the applicant mostly work with? (ie. adult, child, learning disability)? What type of problems does the applicant typically work with?

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2) What percentage of the applicants work is in the context of occupational health? .....

3) Does the applicant have (or is working towards) a diploma level qualification in counselling? What is/are the main theoretical orientation(s) adopted by the applicant?

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4) What is the nature of the evidence you have of the applicants practice? (eg. Direct observation, case reports, discussion etc)

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**Clinical Supervision**

- 5) How often is clinical supervision conducted? (eg. Weekly, monthly)  
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- 6) What format does clinical supervision typically adopt? (eg. peer, one to one, group)  
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- 7) How do you measure practice competency during supervision?  
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- 8) Is a model of clinical supervision used to guide sessions?.....  
If yes, which model? (eg, Proctor, Bond and Holland)  
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- 9) What evidence do you have that the applicant (supervisee) is capable of safe and effective practice? .....
- 10) Do you have any concerns about the supervisee's current practice?  
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**Ethical Practice**

- 11) From your knowledge of the applicant does he/she adhere to the principles outlined in the 'Ethical Framework for Good Practice in Counselling and Psychotherapy' as defined by the British Association of Counselling and Psychotherapy?  
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- 12) Do you recommend the applicant for a place on the Certificate in CBT For OH counsellors?.....

- 13) Any additional comments in support of the application?  
(please continue on a separate sheet if necessary)

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**Declaration**

This reference is an accurate appraisal of the applicant within the limits of my knowledge of them

Supervisors signature \_\_\_\_\_ Date \_\_\_\_\_.