

## BABCP Accreditation

The University of Reading Postgraduate Diploma in Evidence-Based Psychological Treatment (EBPT) has been awarded Level I accreditation by the British Association for Behavioural and Cognitive Psychotherapies. This means that the course meets the BABCP's quality of training criteria. However, passing the Postgraduate Diploma does not automatically entitle a student to BABCP accreditation. In order to be accredited, a student must have completed the Minimum Training Standards which are available from the BABCP website: <http://www.babcp.com/files/Minimum-training-standards-V6-0413.pdf>

The following outlines the key BABCP requirements for individual accreditation and clarifies where our Postgraduate Diploma fulfils these requirements, and where extra experience may need to be gained.

**1. Therapists will usually have an approved basic professional qualification in an appropriate profession. They will usually be registered with a professional regulatory body and have undertaken a minimum period of two years post qualification training and experience.**

This is an entry requirement for our Postgraduate Diploma Students. Those without a professional qualification would be expected to apply for accreditation with the BABCP via the Knowledge, Skills and Attitudes route (KSA).

**2. Training, including basic professional training and experience and relevant cognitive and/or behavioural psychotherapy training, will have been completed over at least a four year period.**

Our Postgraduate Diploma usually takes approximately one year to complete; length of previous experience will vary for individual students.

**3. A minimum of 200 hours of CBT training to have been provided directly by recognised trainers.**

The postgraduate Diploma provides approximately 150 hours of teaching. Postgraduate Diploma students will have the opportunity to top-up the amount of teaching hours to the full 200 hours required for BABCP accreditation by attending some additional workshops delivered as part of our postgraduate Diploma (IAPT Pathway).

**4. A minimum of 200 hours of supervised clinical practice (including assessment and therapy).**

In order to pass our Diploma you will need to have conducted a *minimum* of 40 sessions of clinical work of one-hour duration, (at least 6 cases of at least 5 sessions each). The actual amount of clinical practice is likely to be above this minimum and will inevitably vary between students. Students are likely to continue to gain supervised experience after

having completed the Diploma in order to complete the 200 hours required for BABCP accreditation.

**5. A minimum of 8 cases will have been seen for at least 5 sessions each.**

With reference to point 4 above, in order to pass our Diploma you will need to have seen a *minimum* of 6 cases for at least 5 sessions each. Students are likely to continue to gain supervised experience after having completed the Diploma in order to complete the additional 2 cases (total 8) required for BABCP accreditation.

**6. At least 3 clinical cases will have been closely supervised.**

Students who pass the Diploma will have completed this requirement.

**7. Each case will have received 5 hours of direct supervision (or the equivalent if group supervision).**

The structure of our Diploma enables students (who fully attend) to receive 40 hours of supervision. This helps students to receive 5 hours of supervision on 6 different cases. However, it will be the student's responsibility to structure their supervision in order to fulfil this criterion (should they choose to do so) and to supplement academic supervision with workplace clinical supervision provided by a BABCP accredited therapist.

**8. To have worked with clients who have been diagnosed with at least 3 different mental health problems.**

Our supervision groups contain the flexibility required for students to fulfil this criterion.

**9. During CBT training the student will have had access to individual and group supervision.**

Diploma students will have access to individual and group supervision.

**10. At least 4 cases will have been written up as clinical case reports.**

Students will have the opportunity to submit 3 case reports towards satisfying this criterion. Diploma students will need to complete one additional case report after the training is over in order to meet this requirement for BABCP accreditation.

**11. An extended essay or case report related to CBT or conducting a relevant piece of CBT research.**

Students will be required to submit an extended case report and thus satisfy this criterion.

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