

Terms and Conditions

This document covers the following CBT for OCD training and certification programmes:

1. Training and Certification for Clinical Excellence: CBT for OCD
2. Training and Certification for Highly Advanced Clinical Excellence: CBT for OCD

Certification overview

The *Training and Certification for Clinical Excellence: CBT for OCD* will be awarded to participants who complete a total of five workshops and who pass a rating of a full CBT treatment session (conducted in English) using a cognitive therapy rating scale.

The five workshops must include:

1. CBT for OCD: Fundamentals,
2. CBT for OCD: Advanced Skills,
3. Tailored Cognitive Behavioural Therapy for treating OCD for Neurodivergent Children and Adults, and
4. Two further days chosen from the programme list.

The *Training and Certification for Highly Advanced Clinical Excellence: CBT for OCD* will be awarded to participants who complete eight workshops and who pass a rating of a full CBT treatment session (conducted in English) using a cognitive therapy rating scale.

The eight workshops must include:

1. CBT for OCD: Fundamentals,
2. CBT for OCD: Advanced Skills,
3. Tailored Cognitive Behavioural Therapy for treating OCD for Neurodivergent Children and Adults, and
4. Five further days chosen from the programme.

An award certificate of CPD detailing all individual components attended, will be provided to all those who successfully complete the assessment. If you fail the award, attendance certificates for individual workshops can be produced retrospectively. After each workshop, attendees will have access to a Zoom recording of the workshop – this will be available to watch for up to 3 months after the workshop.

In addition, the **Highly Advanced level** includes either an additional recording rating on the CTS-OC, or two one-hour supervision sessions, with the OCTC team, concurrently or after completion of the certification.

Attendance & Assessment

Full attendance on the day is expected at all our workshops. If you are unable to attend due to ill health or other unforeseen circumstances, you can watch the workshop recording and submit a reflective statement for up to 1 workshop in the Clinical Excellence certification, and up to 2 workshops in the Highly Advanced Clinical Excellence certification. These statements must be emailed to OCTC within 3 months of the missed teaching for a member of the certification team to review.

Participants are required to provide a recording of a full CBT for OCD session and pass an assessment of this by 31 December 2026 and can arrange a live session to mark a recording at any point during the certification programme. We expect certification participants to request an assessment by 30 September 2026, to allow sufficient time to prepare for a second assessment if necessary.

When the session recording is ready participants will contact the certification team by emailing the required paperwork, and the team will arrange a mutually agreed assessment timeslot. This will normally be within four weeks of submission; on occasion due to public holidays this may take longer to arrange.

The participant will be invited to a Microsoft Teams meeting scheduled for two hours, where the supervisor and participant will view the recorded session via shared screen, pausing the recording for feedback and discussion, and addressing and scoring all the items in the Cognitive Therapy Rating Scale – Obsessive Compulsive Disorder (OCD-CTS). Certification participants can contact OCTC staff prior to submitting a recording to discuss the suitability of the session. The pass mark for the OCD-CTS is 50/100 (50%). If the supervisor judges that the recording and submitted documents do not show sufficient evidence of a pass, then the certification participant can submit one additional recording. This will incur an additional cost of £240.

If the participant disagrees with the mark provided via the live assessment of the recording, then the participant is requested to keep their treatment session recording, and this will be reviewed by another member of the course team via Teams video call. There will be no additional fee for this review.

Client consent for recordings and case reports

Certification participants are required to gain and provide evidence of client consent for the assessed recording. The *OCTC consent form* will be provided for this purpose and must be returned to OCTC. The client must also give verbal consent on the recording. If the consent form is not evidenced, the certification team are not able to view the recording, and the assessment cannot take place. All efforts should be taken to ensure confidentiality and anonymity for your client.

If you are working in the NHS, and your NHS Trust has their own consent form, you will be required to complete both the OCTC consent form and your local form, to ensure that you meet the requirements of both organisations. Certification participants from other countries are individually responsible for ensuring that they follow the requirements of their health service where necessary.

The recording can be video or audio and in the English language. Video is advised as this provides a clearer demonstration of therapist skill. Participants are required to submit a mid-treatment CBT session (i.e. not an initial assessment session nor an end of treatment session). The purpose of the assessed recording is to demonstrate that the participant has competence as a CBT therapist delivering CBT for OCD. This is evaluated by means of the OCD-CTS. Participants are required to submit the following paperwork when requesting the assessment session:

Required paperwork accompanying submitted recording:

- A self-rating of the session using the OCD-CTS formative rating form.
- A completed submission cover sheet including details of measures used and contact details for therapist supervisor in the event of any concerns being raised when viewing the recording.
- A case formulation.
- A client consent form.
- Any other supporting documents (e.g. records/homework referred to in the session).

Further format guidance

Session Length Guidance: CBT sessions typically last 50-60 minutes. If you are submitting a recording where the session length is non-standard, please state the reason on your submission cover sheet.

Out and about sessions: For effective CBT for OCD, many sessions take place outside of the therapy room. For submitting recordings for the certification, it may be possible for you to submit a recording of one of these sessions. The assessment can only be based on what can be heard on the recording. There will need to be sufficient discussion in the submission (for example, setting up a behavioural experiment before going out, and then reviewing the experiment, integrating this into a formulation, highlighting key learning, and setting homework upon return) to provide some context for the intervention.

Session format: Submitted sessions can be completed face to face or in an online format but not telephone format. Therapy sessions should be individual cognitive behavioural therapy (as opposed to family or group sessions).

Marking format: The Certification participant and the certification team member will meet together to listen to the recording, and the supervisor will provide verbal feedback and explain their scoring. The participant is encouraged to make notes in the session. The certification team member will finalise the score during or soon after the assessment session.

Considerations for identifying suitable clients

- Whilst working with clients where there is additional complexity (e.g. comorbid substance use, personality issues etc), working with these clients may mean that you have limited opportunities to practice the fundamental skills of working directly with OCD.
- We recommend you proactively search for suitable clients. You will then need to meet the individuals to discuss with them i) the possibility of therapy and what this might entail, ii) whether they are happy to be recorded with the recording viewed by an external clinician, and iii) whether the focus of the work that would meet the client's needs maps on to your learning requirements.
- Attending the required workshops but not submitting a recording does mean that the Certification cannot be awarded.

Please note the above are in addition to OCTC's standard [Terms & Conditions](#).