



Training and Certification for Practitioner
Excellence: CBT Supervision
and
Training and Certification for Extended
Practitioner Excellence: CBT Supervision
and
Training and Certification for Practitioner
Excellence: CBT Supervision & Training

Terms and Conditions

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

This document covers the *Training and Certification in:*

Certificate 1: Practitioner Excellence: CBT Supervision

Certificate 2: Extended Practitioner Excellence: CBT Supervision

Certificate 3: Practitioner Excellence: CBT Supervision & Training

The course runs from January 2027 to March 2028. The information in this document may be different for participants starting in other years.

Certification overview

The *Training and Certification in Practitioner Excellence: CBT Supervision; Extended Practitioner Excellence: CBT Supervision; Practitioner Excellence: CBT Supervision & Training* courses offer in-depth training in CBT dissemination.

CBT dissemination is recognised as essential to good CBT practice. By attending this comprehensive training programme, delivered by experts in the field, participants will gain in-depth knowledge and skills in the dissemination of CBT. This new training programme, directed by Dr Helen Kennerley, aims to enable participants to achieve excellence in their supervision skills, with an option to develop CBT training skills. CBT supervisory practice and CBT training practice will be assessed to give both formative and summative feedback. Ratings will be provided by the certification team who will view a performance recording.

1. Training and Certification for Practitioner Excellence: CBT Supervision

This is awarded to participants who complete all five workshops in this series and who pass a rating of a full CBT supervision session (conducted in English) using a supervision competency rating scale (the SCS). The five workshops are: (1) CBT Supervision: what it is and how we can do it well (2) The supervisory relationship, ethics, and diversity (3) Evaluation in supervision (4) Feedback in supervision (5) Group supervision. Workshops (4) and (5) included a half-day of live Practice of Supervision (PoS).

2. Training and Certification for Extended Practitioner Excellence: CBT Supervision

This will be awarded to participants who complete a further three workshops (eight workshops in total). The eight workshops are those identified above plus: (1) Making it memorable: Enhancing learning in CBT dissemination (2) Resolving ruptures and dilemmas in CBT dissemination (3) Supervision of supervision.

3. Training and Certification for Practitioner Excellence: CBT Supervision & Training

This CBT dissemination certificate will be awarded to participants who complete the training in extended practitioner excellence in supervision, with three additional workshops in delivering CBT Training sessions, and who pass a rating of a training demonstration. The additional workshops are: (1) Identifying training needs (2) Designing a training event (3) Becoming an inspiring trainer.

Registering, transferring and progressing to certificated courses

Registering:

Attendees can register for single workshops or for Certificate 1, or Certificate 2 or Certificate 3.

Those initially only attending a series of workshops can transfer to certificated status (see below) if they have attended all required workshops. Those registered for Certificate 1 or Certificate 2 can progress to a higher-level certificate (see below) if they have met the requirements to pass their current certificate.

Transferring:

Those who attended the initial open workshop(s) will be able to transfer to Certificated status at any time before the final workshop in that training block. The certificate will only be awarded if all relevant workshops are attended and the required assignment passed.

Progressing:

Graduates of Certificate 1 (Practitioner Excellence in Supervision) can apply to progress to Certificate 2 (Extended Practitioner Excellence in Supervision) after completing Certificate 1. Similarly, those completing Certificate 2 can apply to progress to Certificate 3 (Practitioner Excellence in Supervision & Training) after completing Certificate 2.

Transfer or progression to subsequent certificates is dependent on the student fulfilling the necessary course criteria for the earlier certificate.

OCTC reserves the right to suspend the course at any time.

Workshops

The individual workshops are available to attend as one-off training days; therefore, workshop attendees will include both certification and non-certification participants. On completion of the specified number of workshops (and assignments), participants will be issued with certification detailing each workshop attended. However, if the certification is failed or not completed, attendance certificates for individual workshops attended 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 12 months following the workshop.

Subject to availability, supervision sessions (for clinical work, supervision or supervision and training) provided by OCTC staff are available concurrently or after completion of the certification via the Oxford Cognitive Therapy Centre. The cost of these sessions is not included in the certificate fee, and they will be charged at our usual rates: [Supervision | Oxford Cognitive Therapy Centre](#)

Location

Workshops will take place online via Zoom.

Workshop dates and assessment

Workshop dates

Workshop attendance requirements are outlined in the certification overview.

The workshops and dates are listed below. Most workshops will last for a full day (09:30 to 16:30 GMT), with a 45-minute lunch break, and will be held via Zoom. The “Feedback at work in Supervision” is half-day workshop and is followed by an afternoon of Practice of Supervision (PoS). The “Group supervision” workshop is a full day that incorporates a PoS session.

Workshop	2027
1. CBT Supervision: what it is and how we can do it well*	7 January
2. The supervisory relationship, ethics, and diversity*	11 February
3. Evaluation in supervision	11 March
4. Feedback at work in supervision, followed by PoS	8 April
5. Group supervision, includes PoS *	6 May
6. Supervision of supervision	3 June
7. Ruptures and dilemmas in CBT dissemination: what to do?	1 July
8. Making it memorable: Enhancing learning in CBT dissemination*	8 September
9. Identifying training needs	6 October
10. Designing a training event	11 November
11. Becoming an inspiring trainer	8 December

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 no more than one workshop per certification level. These statements must be emailed to OCTC within 3 months of the missed teaching for a member of the certification team to review.

** Workshops marked with an asterisk are attended by NHSE field supervisors. Those field supervisors who wish to “upgrade” to a certificated training can purchase the additional relevant workshops and a summative evaluation of their practice.*

Assessment

It is acknowledged that CBT dissemination, whether via supervision or via training, encompasses a broad range of techniques. However, the main purpose of the assessment is to provide evidence of *core skills* in dissemination.

Evaluation of supervisory skills

The purpose of the assessed supervision recording is to demonstrate that the participant is competent as a CBT supervisor. This is evaluated by means of the **Supervisor Competency Scale (SCS)**.

Participants are required to share a recording of **a full CBT supervision session** and pass an assessment of this by 01 July 2027. Participants will arrange to assess this with an OCTC assessor at any point during the certification programme, although it is advisable to wait until you have received most if not all the teaching. Assessments are carried out online with the assessor and the student reviewing the recording together for 120 minutes. The student will submit a completed, self-rated SCS for the supervision session. During the online evaluation, the tutor will offer feedback in line with the SCS, and the student is advised to keep notes. Following the evaluation session, the tutor will finalise their mark and return this to the student. This will normally be within four weeks of submission.

Supervision recordings can be video or audio and in the English language, or sub-titled in English if the recording is a video-recording. Video is advised as this provides a clearer demonstration of practitioner skill.

The submitted recording should neither illustrate an initial meeting nor the end of a course of supervision as it is more difficult to demonstrate a range of supervisory skills at an initial or terminal sessions.

Participants are required to submit the following paperwork before the agreed assessment session:

Evaluation of supervisory skills: paperwork

- A self-rating of the supervision session using the SCS
- A completed submission cover sheet including details of the session content, supervisee status and contact details for the student's supervisor or line manager in the event of concerns being raised when viewing the recording
- A supervisee consent form for each supervisee recorded

When the session recording and paperwork are ready, participants should set up an evaluation session by contacting the certification team with the required paperwork attached.

Certification participants can contact OCTC course staff prior to submitting a recording to briefly discuss the suitability of the session.

Evaluation of training skills

The purpose of the assessment of performance as demonstrated by a video recording of a training session is to demonstrate that the participant has achieved competence as a CBT trainer. This is evaluated by means of a scale devised for this purpose: CBT Trainer Assessment (CTA).

Participants are required to share a recording of **a 30-to 60-minute training session** and pass an assessment of this by 1 March 2028.

Students of the *Training and Certification for Practitioner Excellence: CBT Supervision & Training* programme will be expected to have already passed the evaluation for supervisor competency. Those who have not passed this assignment can make one resubmission (see below); if the resubmission is not made or is failed, then the participant will be awarded an attendance certificate only. They will also be required to share a videorecording of **a CBT training event** (30 to 60 minutes) that will be evaluated online, with the tutor providing live feedback to the participant. Following the evaluation session, the tutor will finalise their mark and return this to the student. This will normally be within four weeks of submission; on occasion this may take longer to arrange.

Students will be expected to submit additional paperwork before the evaluation sessions (see below), along with a 1,500-word (maximum) critique of the training event.

Evaluation of training skills: paperwork

- A self-rating of the training session using the CBT Trainer Assessment (CTA)
- A completed submission cover sheet including details of the session content, trainee status and contact details for participant's supervisor or line manager in the event of any concerns being raised when viewing the recording
- A trainee consent form for each trainee recorded if identifiable (visually or by voice) on the recording

Performance rating failure

If the assessor 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 £399.

If any recording is deemed to fail, then it will be second-marked by another member of the course team. There will be no additional fee for second marking.

Consent for recordings to be made

Certification participants are required to gain and provide evidence of both supervisee and client's consent for the assessed recording. Those taking the *Practitioner Excellence: CBT Supervision & Training* course will be expected to secure consent from their trainees. OCTC consent forms are provided for this purpose. All completed consent forms must be emailed to OCTC. The supervisee or trainee must also give verbal consent on the recording. If the consent form is not evidenced, the certification team is not able to view the recording, and the

assessment cannot take place. All efforts should be taken to ensure confidentiality and anonymity for clients, supervisees, and trainees.

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.

Further format guidance

Session Length Guidance:

The recorded supervision sessions should last 50 to 60 minutes; the training recordings should last 30 to 60 minutes. If you are sharing a recording where the session length is non-standard, please state the reason on your submission cover sheet.

Session format:

Shared sessions can be of face-to-face or online sessions but should not be made in telephone format. Supervision sessions can be individual or group and the training session can be delivered to small or large audiences.

Marking format:

Supervision recording: The certification participant will share a recording, along with the relevant paperwork and critique. The assessor will provide live feedback and explain their scoring.

Training recording: Similarly, participants will share a videorecording for online marking and the assessor will provide live feedback to the student.

Identifying suitable supervisees /trainees

We recommend you proactively search for suitable supervisees and trainees. You will then need to discuss with them (i) whether they are happy to be recorded with the recording viewed by an external assessor, and (ii) whether the focus of the work that would meet the supervisee and trainee needs maps onto the learning requirements of the course.

Attending the required workshops but not submitting a recording or failing a recording does mean that the Certification cannot be awarded. Only your attendance at the workshops will be documented.

Cancellation and changes policy

If you need to cancel your place more than 14 days before the course commencement date (that is, before the date of the first workshop), we will refund your fee minus a 15% administrative charge. Cancellations received 14 days or fewer before the course commencement date cannot be refunded. If you wish to change your booking after

confirmation, we will do our best to accommodate your request, subject to availability, provided that you notify us more than 14 days before the Part 1 live presentation date. An administrative charge of £15 will apply.