



**Royal Holloway University of London Doctorate in Clinical Psychology
British Association of Behavioural and Cognitive Psychotherapy
(BABCP) Pathway**

INFORMATION

The DClInPsy at Royal Holloway is primarily informed by cognitive and behavioural models and all trainees receive a thorough training in Cognitive Behaviour Therapy. This is recognised by the fact that trainees can apply for accreditation with the BABCP usually a year after they have qualified from the DClInPsy course. They do this by following the BABCP procedures for individual accreditation.

RHUL is in the process of acquiring approval for a 'pathway' which a proportion of trainees will follow through training. If completed successfully these trainees will have completed the BABCP's minimum training standards for accreditation as a practitioner and will become accredited with BABCP when they graduate from the programme.

The following is a brief overview of the CBT requirements and opportunities for trainees on this pathway at RHUL.

1. Teaching component:

Requirement: *BABCP pathway trainees will be required to attend 200 hours of formal CBT teaching as part of their DClInPsy teaching. They will also need to undertake 250 hours of private CBT study.*

How this is to be met:

- As part of the DClInPsy programme, a wide range of CBT-specific teaching is delivered across all three years of the DClInPsy training, presented by internal and external speakers who are BABCP accreditation/ accreditable. Sessions include:
Clinical Skills, Introduction to CBT, Assessment & Formulation, disorder/problem-specific CBT teaching (panic disorder, social anxiety, OCD, Depression, GAD, Phobia, psychosis, substance misuse, PTSD, Bipolar Disorder, Anger, Eating Disorders, Personality Disorders) Emotion Regulation; population-specific teaching (older adults, long-term needs, refugees, survivors of CSA), Research and evaluation.
- All teaching sessions combine knowledge and skills development in equal measure (50:50), allowing for opportunities to observe qualified clinicians demonstrate key skills then practice under each speakers' observations.
- We anticipate that we will be able to provide the teaching requirements through the standard teaching on the DClInPsy programme, so no additional teaching for the pathway trainees will be required.

- The 250 hours of self-directed study relating to CBT will be accrued from usual course personal study time activity, specified in a scoping document.

2. Academic Assessments:

Requirement: *BABCP pathway trainees will be required to complete a CBT essay in their first term of training.*

How this will be met: Within the essay title options for Essay 1 a range of CBT-relevant titles will be provided and pathway trainees will be required to complete an essay for one of these CBT titles.

Requirement: *Trainees on the BABCP pathway will complete 4 CBT case reports, which will usually comprise the Reflective Practise Assessment, two of the course Reports of Clinical Activity, and an additional composite of a case presentation powerpoint and a one thousand word case summary.*

How this will be met: Typically, three titles will be part of the usual DClInPsy requirements and one will be an additional requirement for BABCP pathway trainees. However, published papers and thesis research on CBT topics may also be counted.

Requirement: *all academic work submitted by trainees as part of the pathway will be assessed by BABCP-accredited members of staff or external clinical psychologists.*

How this will be met: All coursework designated to the pathway will be marked by BABCP-accredited markers

We are compiling a register of BABCP accredited clinical psychologists in the region to support these initiatives and this includes many Royal Holloway DClInPsy graduates with BABCP accreditation who have offered their expertise to us.

3. CBT practice in placements (shared between UCL, RHUL and UEL):

Requirement: *All BABCP pathway trainees will be required to complete 200 hours of supervised CBT practice. This will involve at least 2 six-month clinical placements with a BABCP accredited supervisor and complete 8 CBT interventions of at least 5 sessions from assessment to conclusion, covering at least 3 types of problems. Three cases will be closely supervised with observations required. All CBT practice will be recorded and monitored using the ACE clinical record system. During these placements pathway trainees will be required to complete and pass at least 3 CTS-R observations/evaluations – see below.*

How this is to be met: there is a good range of potential placements with between 60-70 BABCP accredited supervisors across the region, including:

- 25 in Adult Mental Health covering: Primary Care MH, Secondary care Psychological Therapies, IAPT, CMHT, EIP, Recovery Teams, and PD Services.
- 4 placements in Health Psychology services including: specialist cancer services, chronic health/palliative services, HIV/sexual health services, and bariatric surgery services.

- 18 placements in child services covering looked after children, adolescent mental health services, perinatal services, paediatrics, child autistic spectrum and learning disability services, paediatric neurology, medically-unexplained symptoms, and chronic health conditions.
- 5 placements in learning disability and challenging behaviour services.
- 14 placements in specialist psychological therapy services including early intervention psychosis services, inpatient rehabilitation, eating disorder services, OCD/BDD, chronic fatigue and trauma services.

In addition, BABCP pathway trainees will present cases at BABCP pathway-specific workshops as part of the College teaching schedule, at which BABCP accredited staff or external clinical psychologists will provide generic CBT supervision.

4. CBT Observations and completion of CTS-R:

Requirement: *trainees on the BABCP pathway need to evidence a minimum of three CBT observations by BABCP accredited supervisors using the CTS-R and pass using the recommended scoring (minimum of 36; average of 3 per item).*

How this will be met: All RHUL trainees are required to evidence at least three observations per placement, and the CTS-R is one of the methods suggested. Trainees in the pathway will need to pass at least three observations of a full therapy tape using the CTS-R, with ratings completed by a BABCP accredited supervisor. Trainees are likely to complete 2-3 recordings of full CBT sessions per BABCP pathway placement to achieve this goal. All CBT observations and competence evaluations will be documented and monitored using the ACE clinical record system, visits to placements and the Placement Evaluation Form (Mid and End of Placement evaluation) that is completed by trainees and supervisors and submitted to the programme for review.