

The clarification below was given to BABCP Pathway Trainees on the 21st January 2025 and will be reflected in the updated BABCP Handbook when it is revised for the 2025 intake. Please note that roleplay in supervision does not constitute one of the 20 incidences of live supervision mentioned below.

Hi all,

Further to the Moodle forum post towards the end of 2024, I have some additional information/clarity about the minimum training standards (including aspects of live elements for supervision) that should hopefully alleviate any anxieties!

Groups/Couple's work:

The extremely welcome news is that group and couples work DOES count in the overall 200+ hours of supervised CBT practice. As you'll be aware, the published MTS is a little vague but implies that all CBT practice should be individual therapy, and this was making us anxious as lots of trainees do CBT groups on placement and it would be ludicrous not to be able to include this work in your tally. However, it turns out that this is not what BABCP intended to communicate, and when the MTS are thoroughly reviewed and republished, it's likely that they will report that trainees can include up to 20 hours of couples/group work (combined – sadly you couldn't include 20 hours of group work and an additional 20 hours of couple work!). I have received confirmation that for existing pathway trainees, couples and group work CAN be counted!

Live supervision:

The basic requirement for people doing a Level 2 training course (like the RHUL Pathway) is to receive at least 40 hours of supervision, and therefore there should be evidence of a live aspect of practice being presented at 50% of these sessions. BABCP are using the phraseology of "twenty incidences" of live elements. This means that on the portfolio document you need to be able to note down twenty times when you presented a live aspect of your practice in supervision via a recording. DClinPsy trainees often receive significantly more than the 40 hours of supervision, so hopefully this guidance of 20 incidences lowers the expected requirement, particularly if you were anxious that you might be getting something like 60+ hours of supervision!!!

The good news is –as previously outlined– it doesn't have to be a long extract, but enough to warrant a good discussion and opportunity for reflection. Furthermore, it is within BABCP's guidelines if someone were to present two extracts in the same supervision session that this would count as two incidences (either two aspects of the same session, or two separate clients). Similarly, if you had a full session recording, you could bring different aspects of that same recording to different supervision sessions – e.g. one week you could bring a question about the agenda setting; a second supervision session could then reflect on the implementation of the change method, and even a third supervision thinking about the homework setting process. A final point is that if a supervisor was observing you live, or you were doing some joint working, then if this was then discussed in supervision, you can count this as a 'live element' given that your supervisor was actually there in the room with you (or on the same call). As such, there is quite a bit of flexibility around what the guidelines stipulate!

So Lily, to complete the answer to your question, and refine my suggestion of how to document

this on your portfolio (as outlined in my December post), you do not need to specify the amount of time the supervisor spends listening to the recording or the following discussion. Instead, put LIVE after the date of supervision along with the numbers 1, 2 or 3 to record the number of incidences of live supervision in that particular meeting. For example, if you listened to and discussed two sections of recording on the 10th of January you would put "LIVE 2" after the date on your portfolio.

With reference to your query of whether it needs to be 50% for the 1st of February onwards, given that it's "20 incidences", and the flexibility mentioned above, it would be good if you were likely to complete your 40 hours of supervision and 200 hours of practice in your first year placement, that you fit these 20 incidences.

I know this seems complicated but hopefully it is actually a lot clearer now and less threatening – but do let me know if there are any problems around live supervision.

Kindest regards

Kt