



CPD REFLECTIVE PRACTICE STATEMENTS GUIDELINES AND EXAMPLES

CBT CPD ACTIVITY AND REFLECTIVE STATEMENTS

For your annual CBT related CPD you are expected to engage in a minimum of five activities drawn from across the range of listed acceptable types of learning and development activities. You are required to complete a separate reflective statement for each. Within this, you are required to include at least six hours of skills workshop(s) per year and complete reflective statements for these. You must be able to provide evidence for each activity.

Acceptable types of Learning and developmental activities which can be included within you CBT CPD for accreditation are:

Clinical role

Short courses / in service-training
 Secondment to specialist area (CBT relevant)
 Workshops
 Journal clubs / peer review
 Skills practice groups (not supervision)
 Presentations
 Attending a Special Interest Group (SIG)
 Shadowing / doing or coaching by others (CBT relevant work)
 Project work / structured discussion with colleagues
 Service audits
 Personal development plans (PDP), job appraisals
 Self-development
 Committee representative

Management elements (clinical role)

Member of occupational group for managers (within CBT) i.e. IAPT service managers
 CBP service managers training courses / modules
 Expanding role
 Organising courses

Professional role

Mentoring
 Lecturing / teaching
 Examining
 Accrediting
 Expert witness
 Tutoring
 Involvement with professional body (BABCP), branch meetings, SIG's
 Maintaining or developing specialist skills - expanding role
 Job / role promotion related activity

Formal/educational role

Member of learning / teaching committee
 Review for a professional journal - academic or 'CBT today' etc.
 Studying for a teaching award
 Seminars
 Distance learning
 Planning and running a course
 Writing a professional article
 Supervising clinical research
 Reading books, journals / articles (CBT relevant)

Research role

Presentations at conferences
 Membership of an ethics or research committee
 Working for an academic journal / selecting CBP articles etc.
 Completing a dissertation or thesis as part of an academic course (CBT relevant)

Self-directed study

Reading journal articles

Reviewing books / articles
Updating knowledge via TV, DVD, Internet / software
Keeping files of own progress

Other

Public service (CBT related)
Voluntary work (CBT related)
Promoting CBT / Publicising CBT (media etc.)

You are also required to include supporting evidence for your CPD activity and Reflective Statement.

Acceptable forms of evidence include:

PDP's / appraisals
Paperwork from reviews / performance appraisals / formal feedback / certificates etc.
Business plans
Reflections - experiences, discussions with mentor / manager
Reflective statements

Materials

Information leaflets
Case studies
Critical reviews / Adapted notes (study notes etc.)
Policy / position statements
Discussion documents
Procedural / process documents
Job descriptions / applications
Reports / audits / reviews-forms
Business plans / appraisals / PDP plans
Guidance materials / guidelines
Course assignments feedback / module credits
Action plans
Course programme documents / in service training / conferences / workshops
Presentations (power-point etc.)
Articles done
Questionnaires
Research papers / proposals / applications
CBT literature / leaflets etc., produced
Contributions to professional body
SIG contributions
Material showing reflection / evaluation of learning, for work, clients etc.
The reflective statement document

Material from others

Testimonies/letters - from staff / colleagues / clients / carers
Feedback from organisations / students / institutions (universities etc.)
Teaching assessment / feedback
Course certificates

See examples below of 12 months of Reflective Statements; this is the standard of recording that is expected

CBT Related CPD Reflective Statement

Name: Sarah Withers	
Membership Number: 999111	Date Accredited: 1 March 2013
12 month period from: 01/03/2013 to: 01/03/2014 (month and year)	
<p>For your annual CBT related CPD you are expected to engage in a minimum of five activities drawn from across the range of listed acceptable types of learning and development activities. You are required to complete a separate reflective statement for each. Within this, you are required to include at least 6 hours of skills workshop(s) and complete reflective statements for these. You must be able to provide evidence for each activity.</p>	
For skills workshop note number of hours: 6	
What was the activity and how was this relevant to your work as a CBT practitioner (100 words indicative)	
<p>Obsessive Compulsive Disorders Master class presented by Professor Paul Salkovskis, 23 May 2013. I was interested in developing my knowledge in the Cognitive Model of OCD as my training was primarily based on Exposure and Response Prevention, this was mainly because it was relatively cheap and easy to deliver within a stepped care service. However, I felt that with some clients this approach was limited and I found a number of my clients were unwilling to engage in exposure. I therefore began some reading around the cognitive model for OCD and thought this would be helpful to those clients. I realised that further formal training with some experience in using this model was needed.</p>	
What did you learn and how will this impact on future CBT practice (100 words indicative)	
<p>I gained an understanding of the model including understanding of how to formulate and socialise the client to this model and the conceptual aims of the treatment techniques. This model will help me with clients who fell unable to engage in exposure and response prevention due to the high level of anxiety it leads to. I have used this model with one client since completing the workshop and with the help of supervision was able to work with the client to achieve progress in the client's problem. I came away from the workshop with further questions however. I find it difficult using this model with clients with co-morbid problems such as depression and generalised anxiety disorder. This has led me to identify further areas of CPD that are needed.</p>	
Please indicate what evidence you have enclosed for the above activity (see listing of acceptable forms of evidence of CBT related CPD)	
<p>Certificate of attendance (labelled A1) and this reflective statement.</p>	

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For skills workshop note number of hours: 10 hours	
What was the activity and how was this relevant to your work as a CBT practitioner (100 words indicative)	
<p>I was seconded for 10 hours to Older Adults team to help in the development of a “Wellbeing in Later Life” course for people aged over 65. Within the IAPT team I have the responsibility for the initiative – ‘Older Adults Work stream’, which aims to develop relevant services to encourage referrals from people over the age of 65. This secondment led to providing 3 days training to PWP’s and CBT therapists and resulted in the development of a 10 week CBT based course for older adults. We received positive feedback and useful ideas from participants of the group and we have incorporated these ideas into the programme.</p>	
What did you learn and how will this impact on future CBT practice (100 words indicative)	
<p>This secondment gave me some essential experience in order to provide a structure to the group. We identified how to use and adapt a CBT model to best meet the needs of people of this age group. As a result we included an introduction to the CBT model, including links between thoughts, feelings and behaviour and the development of an idiosyncratic formulation. We included about life stages that we identified was important during the secondment. Also thought to be important for the group was information on available resources and resilience, their own and those available from the community. The secondment gave me insight into some of the assumptions I held about this age group and I believe that this insight helped with engagement with the participants and enhanced the therapeutic process.</p>	
Please indicate what evidence you have enclosed for the above activity (see listing of acceptable forms of evidence of CBT related CPD)	
<p>Group leaflet and schedule; and reflective statement.</p>	