

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 C/BP related CPD)	
<p>Certificate of attendance (labelled A1) and this reflective statement.</p>	