

At a Glance Checklist of Requirements for Provisional Accreditation

Below is a brief summary of the requirements needed for Provisional Accreditation. It does not provide the full criteria.

The Minimum Training Standards and Provisional Guidelines should also be consulted for any application – this is just intended as an ‘at a glance’ checklist.

Core Profession or KSA portfolio

1. You must either have a BABCP recognised core profession or have completed a KSA portfolio. Please see website for details on both of these.

Year of Accountable Practice in Core Profession or equivalent

2. After completing your core professional training, you must have practised for at least one year in that profession (or equivalent for KSA applicants) or another mental health role. During this year, you must have been accountable to a senior member of the profession in which you are working. For KSA applicants, the year starts from the date you have evidence of having completed the most recent of the KSA criteria. For some KSA applicants, this may be after their CBT training.

Learning Hours

3. A minimum of 450 hours of specialist CBT training overall.
4. 200 of the hours must be taught face-to-face by CBT trainers who are either BABCP Accredited Practitioners or will have a post-graduate training in CBT, be practicing CBT as their main therapeutic modality, and receiving appropriate CBT Supervision and CPD.
5. A maximum of 40 of these 200 taught hours can be taught online provided there is an interactive element.
6. Half of the overall formal CBT training must focus on CBT skills development.
7. The majority of the taught hours must be in evidence-based ‘core’ CBT protocols, skills and theory.
8. Some CPD skills workshops can contribute to the overall 200 taught hours, provided they mostly focus on ‘core’ CBT skills. However, the majority of the taught hours are from within your main CBT training. In-course or in-placement training may also count towards this.
9. A small percentage of taught material may be on evidence-based Third Wave approaches.
10. The balance of the 450 hours of CBT specific training (ie 250 hours) can be made up of ‘self-directed study’ hours within the course including additional research, assignments, discussion.

11. Attendance at conferences, Special Interest Groups (SIGs), specialist training placements undertaking research etc can also contribute to the 250 hours of self-directed study.

Supervised Clinical Work

12. You must provide evidence (eg signature or statement by supervisor) of having eight cases supervised during training. Some of these can be completed subsequently.
13. The supervision should be supplied either by a BABCP-accredited therapist or a practitioner who is principally trained in and practising CBT and is receiving CBT supervision.
14. Four of these eight cases must have been written up as case studies formally assessed as academic case studies, of between 2000 and 4000 words. Some of these can be assessed after your training by an assessor experienced in marking CBT case studies in an academic setting. Signature of assessor or case study marksheet are suitable evidence.
15. At least three of the eight case studies should have been closely supervised, including live supervision using CTS-R or other competency rating scale. These will be in addition to the cases written up as case studies.
16. You must provide a 12-month supervision log showing regular supervision and a minimum of 40 hours of supervision, including live supervision.
17. The log should show an average of minimum of one-and-a-half hours per month total supervision time for a full-time practitioner; this should be regular and may be pro-rata-ed down for part-time practice to a minimum of 45 minutes per month. Group supervision is acceptable but additional hours will be required.
18. You will need to show a total of a minimum 200 hours CBT clinical hours.

Reports and References

19. Your current supervisor should provide a report on the template supplied on the website. If you have been with them for less than six months, your previous supervisor should also provide a report.
20. A professional reference is also required. This should be from a CBT practitioner who is familiar with your practice.
21. Either your professional referee or your supervisor must be BABCP members (not necessarily accredited).