



## CBT Supervisory CPD Reflective Statement

<b>Name:</b> FRED BLOGGS	
<b>Membership Number:</b> 123456	<b>Date Accredited:</b> 7/11/14
<b>12 month period from:</b> 13/1/15 <b>to:</b> 13/1/16 (month and year)	
For your annual supervisory CPD you are expected to engage in a minimum of one activity per year drawn from across the range of listed acceptable types of supervisory learning and development activities. (See Application Form Criterion Four.) You are required to complete a separate reflective statement for each. You must be able to provide evidence for each activity.	
<b>For skills workshop note number of hours:</b> 2	
<b>What was the activity and how was this relevant to your work as a CBT supervisor</b>	
<b>Workshop: Supervision Skills: A Primer. By Dr CB Smart. A Named University</b> <i>Although this workshop was aimed at an introductory level in terms of Supervision, I found it very helpful to go back to some of the basic principles of how to engage with my supervisees and best enable their practice. This was relevant to me as, after five years of supervising, I now see that it is possible that, due to targets and other pressures I have taken my focus away from where the supervisees are in their own development as therapists and how supervision can help them grow as practitioners.</i>	
<b>What did you learn and how will this impact on future CBT supervisory practice</b> (100 words indicative)	
<i>This workshop helped me to go back to the tenets of what we are trying to achieve in supervision – to enable our supervisees to provide effective therapy, to feel confident in the interventions they are making and to enable them to trouble-shoot any problems with the therapeutic relationship. What I found most helpful was the reminder to work at their level of experience and not to do therapy by proxy – in other words, not just to tell the supervisee what I would do, but to try and encourage them to find their own solutions to problems in ways which are appropriate to their training, background, experience and therapeutic style.</i>	
<b>Please indicate what evidence you have enclosed for the above activity</b>	
Certificate.	