

**CBT Related CPD**

**Reflective Statement: you will enhance your learning through this reflective process which is recommended though not compulsory**  
**Sample 1**

<b>Name:</b> Sarah Withers	
<b>Membership Number:</b> 999111	<b>Date Accredited:</b> 1 March 2013
<b>12 month period from:</b> 01/03/2013 <b>to:</b> 01/03/2014 <b>(month and year)</b>	
As part of Reaccreditation, for 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. One each of these activities can relate to development in supervisory and training practice if you are accredited in these areas. It is highly recommended that you complete a separate reflective statement for each. Within your yearly engagement in CBT CPD you should include a minimum of 6 hours of skills development, and it is recommended that you reflect directly on this within reflective statements where relevant. You should retain evidence of CBT CPD activity so that it is available to provide if you are invited to engage in random audit.	
<b>For skills workshop note number of hours:</b> 6	
<b>What was the activity and how was this relevant to your work as a CBT practitioner</b> (100 words indicative)	
<i>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.</i>	
<b>What did you learn and how will this impact on future CBT practice</b> (100 words indicative)	
<i>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 feel 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.</i>	
<b>Please indicate what evidence you have enclosed for the above activity</b> (see listing of acceptable forms of evidence of CBT related CPD)	
<i>Certificate of attendance (labelled A1) and this reflective statement.</i>	

**CBT Related CPD**

**Reflective Statement: you will enhance your learning through this reflective process which is recommended though not compulsory  
Sample 2**

<b>Name:</b> Sarah Withers	
<b>Membership Number:</b> 999111	<b>Date Accredited:</b> 1 March 2013
<b>12 month period from:</b> 01/03/2013 <b>to:</b> 01/03/2014 (month and year)	
As part of Reaccreditation, for 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. One each of these activities can relate to development in supervisory and training practice if you are accredited in these areas. It is highly recommended that you complete a separate reflective statement for each. Within your yearly engagement in CBT CPD you should include a minimum of 6 hours of skills development, and it is recommended that you reflect directly on this within reflective statements where relevant. You should retain evidence of CBT CPD activity so that it is available to provide if you are invited to engage in random audit.	
<b>For skills workshop note number of hours:</b> 10 hours	
<b>What was the activity and how was this relevant to your work as a CBT practitioner</b> (100 words indicative)	
<i>I was seconded for 10 hours to Older Adults team to help in the development of a “Wellbeing in Later Life” course for people 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 the group.</i>	
<b>What did you learn and how will this impact on future CBT practice</b> (100 words indicative)	
<i>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.</i>	
<b>Please indicate what evidence you have enclosed for the above activity</b> (see listing of acceptable forms of evidence of CBT related CPD)	
<i>Group leaflet and schedule; and reflective statement.</i>	