

## CBT-L5 Quick Reference Criteria

LO	Assessment Criteria	
<b>1</b>	Work safely, legally and ethically as a counsellor using the CBT approach	
	1.1	Work within an ethical, legal and professional framework for CBT work
	1.2	Prepare the client to work within a CBT framework
	1.3	Use CBT strategies to identify and manage risk
	1.4	Research and access appropriate personal and professional support
<b>2</b>	Use the CBT framework to structure the therapeutic relationship	
	2.1	Critically reflect on the nature of the CBT therapeutic relationship
	2.2	Use CBT concepts and the case formulation to establish and maintain the therapeutic relationship
	2.3	Use the CBT framework to maintain and end the therapeutic relationship
	2.4	Use research findings on relationship factors to inform CBT work
<b>3</b>	Integrate understanding of diversity in CBT work	
	3.1	Use theory and research on diversity to inform client assessment and treatment
	3.2	Reflect on diversity issues that contribute to clients' patterns and schemas
	3.3	Apply CBT theory to work with the idiosyncratic nature of clients' core beliefs, rules and assumptions
	3.4	Use research findings on client factors to inform CBT work
	3.5	Reflect on diversity issues which impact on clients accessing CBT
<b>4</b>	Use a coherent CBT approach to work with individual clients and their needs	
	4.1	Use empirical evidence and assessment data to produce a problem list and initial case formulation
	4.2	Share the initial case formulation with the client and agree a treatment plan
	4.3	Use the case formulation to guide the work and facilitate the client's process of change
	4.4	Use ongoing assessment to monitor client progress
<b>5</b>	Work with self-awareness as a counsellor using the CBT approach	
	5.1	Use CBT theory, tools and techniques to develop own self awareness
	5.2	Use self-awareness in CBT work
	5.3	Produce a personal case formulation to develop understanding of self
	5.4	Use personal case formulation to work on personal patterns and schema that might impact on CBT work
	5.5	Use research findings on therapist factors to inform CBT work
<b>6</b>	Use CBT theory, research and techniques coherently within counselling work	
	6.1	Critically reflect on the CBT model of emotional disorders and mental health problems
	6.2	Use CBT theory, tools and techniques to: <ul style="list-style-type: none"> <li>•structure therapeutic work</li> <li>•work with client beliefs, behaviours and schemas</li> <li>•work with clients' patterns of relating</li> <li>• work therapeutically with common life problems and common mental health problems</li> </ul>
	6.3	Develop and evaluate homework tasks
	6.4	Use research findings on the effectiveness of treatments to inform CBT work
	6.5	Integrate concepts of psychopathology when assessing and referring clients
<b>7</b>	Monitor and maintain professional effectiveness as a counsellor using the CBT approach	
	7.1	Use CBT supervision to: <ul style="list-style-type: none"> <li>•evaluate the continuing validity of individual client case formulation</li> <li>• support implementation of the treatment plan</li> <li>• support the therapeutic relationship and the therapeutic process</li> <li>• identify clients with severe or complex mental health problems and support the referral process</li> <li>• monitor personal well-being, competence and efficacy</li> </ul>
	7.2	Implement a clinical audit tool
	7.3	Research and plan own programme for Continuing Professional Development