**CBT-L5 Tutor Assessed Observation**

Candidate’s name: Date:

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| **Learning outcome** | **Assessment criteria** | **Tutor assessment:****Proficient (P) /Not Proficient (NP)and comments** |
| 1. Work safely, legally and ethically using the CBT approach | 1.1 Work within an ethical, legal and professional framework1.2 Prepare the client to work within a CBT framework1.3 Use CBT strategies to identify and manage risk |  |
| 2. Use the CBT framework to structure the therapeutic relationship | 2.2 Use CBT concepts and case formulation to establish and maintain the therapeutic relationship2.3 Use the CBT framework to maintain and end the therapeutic relationship |  |
| 3. Integrate understanding of diversity in CBT work | 3.3 Apply CBT theory to work with client core beliefs, rules and assumptions  |  |
| 4. Use a coherent CBT approach to work with individual clients and their needs | 4.1 Produce a problem list and initial case formulation4.2 Share the case formulation and agree a treatment plan4.3 Use the case formulation to guide the work and facilitate change |  |
| 5. Work with self -awareness using the CBT approach | 5.2 Use self-awareness in CBT work |  |
| 6. Use CBT theory, research and techniques coherently  | 6.2 Use CBT theory tools and techniques to structure the work; work with client beliefs, behaviours and schemas; work with client patterns of relating; work therapeutically with common life problems and common mental health problems |  |
| Tutor comments: |

Tutor signature:

Candidate signature: