

CBT-L5 Tutor Assessed Observation

Candidate's name:

Date:

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 framework 1.2 Prepare the client to work within a CBT framework 1.3 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 relationship 2.3 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 formulation 4.2 Share the case formulation and agree a treatment plan 4.3 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: