

THE INSTITUTE FOR BETTER HEALTH
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

SUPERVISION PROGRAM
3-MONTH TERMS AVAILABLE * 7.5 CE/CME

The purpose of this program is to further knowledge and enhance clinical skills learned in Beck Institute Workshops.

Overall Objectives:

At the end of the course, participants will be able to:

1. Develop a cognitive case formulation to guide treatment
2. Structure CBT sessions effectively
3. Use a variety of cognitive techniques when indicated
4. Use a variety of behavioral techniques when indicated

Develop a cognitive case formulation to guide treatment

- 1.) Conceptualize clients according to a cognitive conceptualization
- 2.) Use the conceptualization to plan treatment in and across sessions

Structure CBT sessions more effectively

- 1.) Use basic techniques to structure sessions and modify structure as needed.
- 2.) Conceptualize and solve problems when difficulties with structuring sessions arise.

Use a variety of cognitive techniques when indicated

- 1.) Use Socratic questioning to help clients evaluate the accuracy and utility of their cognitions
- 2.) Use techniques such as imagery, mindfulness, etc., when appropriate

Use a variety of behavioral techniques when indicated

- 1.) Use behavioral experiments to test cognitions
- 2.) Use behavioral activation, skills training, etc., when appropriate

References:

- Milne, D. L., & Reiser, R. P. (2017). A manual for evidence-based CBT supervision. John Wiley & Sons.
- Newman, C. F., & Kaplan, D. A. (2016). Supervision essentials for cognitive-behavioral therapy. American Psychological Association.
- Sudak, D. M., Codd, R. T., Ludgate, J. W., Sokol, L., Fox, M. G., Reiser, R. P., & Milne, D. L. (2016). Teaching and supervising cognitive behavioral therapy. Hoboken, NJ: Wiley.

Target Audience:

This course is appropriate for those with a beginner to intermediate level of knowledge in a mental health or medical field, which is included, but not limited to psychologists, psychiatrists, social workers, and mental health counselors.

Program Structure:

Supervision terms are for blocks of 10 sessions over the course of 3 months. The sessions are held weekly, although we have factored in a couple extra weeks to better accommodate for illness, vacation, holiday, etc. Supervision terms always begin on the first of every month. After your first term, you can re-enroll for additional 10-session terms. We encourage you to remain in supervision until you achieve competency.

Course Completion Requirements:

Successful completion of the program is achieved by three passing scores of 44 or above on the Cognitive Therapy Rating Scale (CTRS), attending 10 sessions, and submitting at least 7 recordings. Beck Institute will provide you with a copy of the CTRS. Supervisees who successfully complete the program are awarded *a Certificate of Completion* in the Beck Supervision Program. Otherwise, a letter of participation in the program is provided. If supervisees receive three scores of 50 or above on the CTRS and are recommended by their supervisor, they will be eligible for supervision of supervision.

CE/CME Information- 7.5 hours

The Institute Better Health (IBH), formerly IAHB, has been approved as a provider of continuing education and continuing medical education by the organizations listed below. IBH as the approved sponsor maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed above (except where otherwise noted).

COUNSELORS: Institute for Better Health is recognized by the New York State Education Department's State Board for Mental Health Practitioners as an approved provider of continuing education for licensed mental health counselors. #MHC-0063. Counselors may earn 7.5 contact hours. IBH is approved by the State of Illinois Department of Professional Regulation (License #168-000119). IBH has been approved by the Texas Board of Examiners of Marriage and Family Therapists to provide CE offerings for MFTs. Provider Number 154. The state of PA recognizes APA for counselor approval.

NURSES: The Institute for Better Health as a provider of continuing nursing education by the American Nurses Credentialing Center's Commission on Accreditation. Provider approved by the CA Board of Registered Nursing (BRN Provider CEP#2672) for 7.5 CEH's.

PHYSICIANS: This activity has been planned and implemented in accordance with the Essential Areas and policies of the Accreditation Council for Continuing Medical Education through the joint sponsorship of the Institute for Better Health (IBH) and the Beck Institute. Institute for Better Health is accredited by the ACCME to provide continuing medical education for physicians. IBH designates this live activity for a maximum of 7.5 *AMA PRA Category 1 Credits™*. Physicians should only claim credit commensurate with the extent of their participation in the activity.

PSYCHOLOGISTS: Institute for Better Health is approved by the American Psychological Association (APA) to sponsor continuing education for psychologists. Institute for Better Health maintains responsibility for this program and its content.

SOCIAL WORKERS: Institute for Better Health (IBH) SW CPE is recognized by the New York State Education Department's State Board for Social Work as an approved provider of continuing education for licensed social workers #0091. This course is approved for 7.5.00 contact hours. IBH has been approved by the State of Texas Board of Social Work Examiners, MC 1982, PO BOX 149347, Austin, TX 78714 (512)719-3521, to provide continuing education activities for social workers. License No. 3876.

Institute for Better Health, #1426, is approved as a provider for social work continuing education by the Association of Social Work Boards (ASWB) www.aswb.org, through the Approved Continuing Education (ACE) program. Institute for the Advancement of Human Behavior maintains responsibility for the program. ASWB Approval Period: 3/16/2017 – 3/16/2020. Social workers should contact their regulatory board to determine course approval for continuing education credits. Social workers participating in this course will receive 7.5 clinical continuing education clock hours.

NOTE: Many state boards accept offerings accredited by national or other state organizations. If your state is not listed, please check with your professional licensing board to determine whether the accreditations listed are accepted.