

PRAXIS CONTINUING EDUCATION AND TRAINING  
IN JOINT-SPONSORSHIP WITH THE BECK INSTITUTE

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

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 (45 minutes each) 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.

To earn CE, attendees must complete the course in full and submit a course evaluation.

## **Continuing Education Information:**

This professional continuing education activity was sponsored by Praxis Continuing Education and Training and co-sponsored by Beck Institute. Praxis Continuing Education and Training, who has been approved as a provider of continuing education by the organizations listed below, maintains responsibility for the educational activity offered and for following the standards and regulations for the organizations listed below. This live activity is approved for 7.5 CE hours.

### **Praxis CET maintains responsibility for the program with the CE approvals outlined below:**

Joint Accreditation: In support of improving patient care, this activity has been planned and implemented by Praxis Continuing Education and Training, Inc and Beck Institute. Praxis Continuing Education and Training, Inc is jointly accredited by the Accreditation Council for Continuing Medical Education (ACCME), the Accreditation Council for Pharmacy Education (ACPE), and the American Nurses Credentialing Center (ANCC), to provide continuing education for the healthcare team.



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INTERPROFESSIONAL CONTINUING EDUCATION

IPCE: This activity was planned by and for the healthcare team, and learners will receive 7.5 Interprofessional Continuing Education (IPCE) credit for learning and change.

Nursing: Praxis Continuing Education and Training, Inc designates this activity for a maximum of 7.5 ANCC contact hours.

Physicians: Praxis Continuing Education and Training, Inc designates this live activity for a maximum of 7.5 AMA PRA Category 1 Credits™. Physicians should claim only the credit commensurate with the extent of their participation in the activity.

Psychologists: Continuing Education (CE) credits for psychologists are provided through the co-sponsorship of the American Psychological Association (APA) Office of Continuing Education in Psychology (CEP). The APA CEP Office maintains responsibility for the content of the programs.



Social Workers: As a Jointly Accredited Organization, Praxis Continuing Education and Training, Inc is approved to offer social work continuing education by the Association of Social Work Boards (ASWB) Approved Continuing Education (ACE) program. Organizations, not individual courses, are approved under this program. State and provincial regulatory boards have the final authority to determine whether an individual course may be accepted for continuing education credit. Praxis Continuing Education and Training, Inc maintains responsibility for this course. Social workers completing this course receive 7.5 clinical continuing education credits.

NY Social Workers: Praxis Continuing Education and Training, Inc 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 #SW-0467

NY Counselors: Praxis Continuing Education and Training, Inc. 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-0198.

NY Psychologists: Praxis Continuing Education and Training, Inc. is recognized by the New York State Education Department's State Board for Psychology as an approved provider of continuing education for licensed psychologists #PSY-0002.

**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.

### **Disclosure Information:**

Praxis Continuing Education and Training is responsible for the content, quality and scientific integrity of all CE/CME activities certified for credit. When an educational activity is offered for medical (CME), Nursing (ANCC) and/or Psychology (APA) continuing education credit, participants must be informed as to the source, amount, nature, and disposition of any funding used to support the activity, whether in the form of educational grants, cash contributions, or in-kind contributions. Individuals in a position to

influence course content must also disclose whether they have one or more relevant financial relationships with ineligible companies.

We define ineligible companies as those whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients. There is no minimum financial threshold; individuals must disclose all financial relationships, regardless of the amount, with ineligible companies. We ask that disclosures are made regardless of whether the individual views the financial relationships as relevant to the education. For more information on the Standards for Integrity and Independence in Accredited Continuing Education, please visit [accme.org/standards](http://accme.org/standards).

All those in a position to control the content of an education activity are asked to disclose any relevant financial relationships they have with any ineligible companies.

*There is no commercial support for this activity.*

*None of the planners or presenters for this educational activity have relevant financial relationship(s) to disclose with ineligible companies whose primary business is producing, marketing, selling, re-selling, or distributing healthcare products used by or on patients.*