

INDIVIDUAL SUPERVISION

Develop your clinical skills in CBT or CT-R with one-on-one guidance from expert Beck Institute faculty in this intensive multi-week training opportunity.



I am a more effective therapist today because of the clinical supervision I received from Beck Institute; it sets a gold standard for education and training.

- William L., PhD

Ongoing training on how to do CBT after a workshop is crucial to transferring the clinician's new knowledge to their clinical work with clients. Beck Institute's supervision program is designed to help practitioners develop competence in CBT.

Each week for 10 weeks, the supervisee submits a session recording for review. The supervisor provides individualized feedback during a 45-minute phone or video conferencing session and a score based on the Cognitive Therapy Rating Scale-Revised (CTRS-R).

TERMS

One term includes 10 weekly sessions

Terms begin the first of each month

SCHEDULE

45-minute review sessions

Sessions are held via phone or video conferencing

INVESTMENT

\$3,000

Includes 7.5 CE credits

SUPERVISION PREREQUISITES

- Completion of a Beck Institute core workshop or online core course, taken individually or through your employer, or the equivalent
- Proof that you are licensed to practice psychotherapy in your locale (if required by your country)
- Access to 2-3 consenting clients; Beck Institute is unable to provide clients
- The ability to submit one audio recording of a therapy session electronically once per week
- Supervisees should submit session recordings with clients who have been seen for at least three sessions

SUPERVISION OF SUPERVISION

Deeper training aimed toward CBT sustainability may be available for qualifying supervisors through our Supervision of Supervision program.