

GROUP SUPERVISION

Receive mentorship, feedback, and opportunities for reflection as you implement CBT skills under the guidance of an expert CBT clinician.



Group supervision enables supervisees to apply their CBT knowledge and hone their skills in small groups, led by a highly skilled CBT supervisor.

Developed by Beck Institute's expert clinical staff and faculty, group supervision helps clinicians develop confidence in delivering CBT treatment, attain competence, and improve client outcomes.

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 group supervision program is a more affordable alternative to individual supervision and is designed to help practitioners develop competence in CBT.

SESSIONS

One term includes 10 supervision sessions in groups of 4-6 supervisees over the course of 4-8 months.

Supervision sessions are 90 minutes and are conducted every 2-3 weeks via Zoom.

Attendance at all 10 sessions is mandatory for completion.

RECORDINGS

Prior to each supervision session, two group members will submit therapy session recordings for review.

During a term of group supervision each supervisee will submit at least 6 recordings.

Supervisees with non-English speaking clients will submit translated transcripts instead of recordings.

INVESTMENT

\$2,000 for individuals, or \$10,000 for each fully formed group of 4-6 supervisees. Discounts may be available.

Costs include 15 CE credits.

Successful completion of group supervision fulfills the supervision requirement for Beck Institute CBT Certification.

GROUP 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
- Prior to beginning supervision, all supervisees will individually complete the four-week self-directed CBT in Practice course (course access included in the cost of group supervision).