

What is a Trainee Cognitive Behavioural Therapist?

Leeds Mental Wellbeing Service

Cognitive Behavioural Therapist (CBT)

Trainee CBT therapists attend university two days a week where they are taught the CBT protocols required to treat clients effectively.

For the remaining three days a week, trainees spend their time treating clients in face to face and remote clinics, implementing the taught CBT protocols with clients. Progression through the training involves working towards an expected caseload of up to 4 clients per day on clinic days.

Trainees are also expected to complete academic assignments and prepare for practical submissions outside of their clinical working hours in line with the university curriculum and BABCP requirements.

What might an average week look like?

Trainee CBT therapists attend the University of Sheffield two days a week where they are taught the CBT protocols required to treat clients. This includes weekly group supervision at university.

For the remaining three days a week, trainees spend their time engaging clients into therapy, treating clients in face to face and remote clinics or completing clinical administration following therapeutic intervention.

Trainee's are also expected to complete academic assignments and prepare for practical submissions outside of their clinical working hours.

Trainee CBT therapists attend service meetings and training, as well as in weekly supervision with their service supervisor.

Skills and Experience

You will need to have knowledge and experience of working with clients with a wide range of mental health conditions. You will have excellent interpersonal skills, and a strong desire to help clients with their mental health.

You will have experience of carrying out formulations and risk assessments in relation to mental health.

You will be required to record your therapy with clients for the training requirements; and you will be required to share the recorded therapy for critique feedback through the clinical and group supervision.

You will need to be able to commit to the academic requirements of the course. This includes taking annual leave outside of the academic term time. It also includes commitment to academic work outside of your clinical working hours, in your own personal time. You will need to be organised with your time management. You will need to be able to work towards restrictive deadlines and have resilience in adapting to the changing needs of the service where the client is at the centre of decision making. For further resources see: [BABCP – British Association for Behavioural & Cognitive](#)