

Trainee Cognitive Behavioural Therapist: **ESSENTIAL AND DESIRABLE CRITERIA**

SUMMARY	• Evidence of a BABCP recognised core profession OR an electronic completed KSA portfolio. • 2:1 honour degree or equivalent academic study in a discipline connected to mental health. Applicants with a 2:2 honours degree will be considered on an individual basis. • Clinical experience totalling a minimum of 2 years.
Essential criteria for Qualifications	All candidates must provide the following information at interview: • Evidence of a BABCP recognised core profession OR an electronic completed KSA portfolio. • 2:1 honour degree or equivalent academic study in a discipline connected to mental health. Applicants with a 2:2 honours degree will be considered on an individual basis. • Clinical experience totalling a minimum of 2 years for PWP applicants.
Core professionals' route – NOT REQUIRED TO SUBMIT KSA	If you are applying with a core profession

- Applicants who hold a core profession will need to state this in the application and provide evidence of this at the interview.

Candidates applying with a core profession must meet one of the following BABCP core mental health profession requirements:

- **Arts Therapists – Health and Care Professions Council (HCPC) Registered**
- **Counselling** – Accreditation with the British Association for Counselling and Psychotherapy (MBACP Accred), Irish Association for Counselling and Psychotherapy (IACP), Counselling and Psychotherapy in Scotland (COSCA), Federation of Drug and Alcohol Professionals’ National Counsellor Accreditation Certificate (FDAP NCAC) or National Counselling & Psychotherapy Society (previously National Counselling Society) – Accredited Professional Registrant (PNCPS Accred)
- **Medicine** – Psychiatrist or General Practitioner, MBChB or MBBS, and usually PG training with membership of MRCGP, MRCP or MRCPsych
- **Nurse** – NMC Registered Mental Health Nurse, or NMC Registered Learning Disability Nurse (general nursing and enrolled nursing is insufficient)
- **Occupational Therapy** – BSc (Hons) Occupational Therapy, MSc Occupational Therapy, or Diploma of the College of Occupational Therapists (DipCOT) and HCPC Registered
- Psychotherapy/ Psychotherapeutic Counselling – United Kingdom Council for Psychotherapy (UKCP) Registered
- **Social Work** – Certificate of Qualification in Social Work (CQSW), Diploma in Social Work (DipSW), MA Social Work, or BA/BSc Hons Social Work. Registered with one of four UK regulators – Social Work England (SWE), Social Care Wales (SCW), Northern Ireland Social Care Council (NISCC) and Scottish Social Services Council (SSSC) *or previously registered with HCPC

	• Clinical/Counselling Psychology – Post-graduate doctorate in clinical or counselling psychology and HCPC Registered as Practitioner Psychologist • Educational Psychology – Doctorate or Qualification in Educational Psychology Stage 2 (QEPS) – must have BPS Chartership (CPsychol) and HCPC Registration as Practitioner Psychologist • Health Psychology – Qualification in Health Psychology Stage 2 (QHP) – must have BPS Chartership (CPsychol) and HCPC Registration as Practitioner Psychologist • Forensic Psychology – Qualification in Forensic Psychology Stage 2 (QFP) – must have BPS Chartership (CPsychol) and HCPC Registration as Practitioner Psychologist For more information about recognised core professional training and KSA criteria please refer to the BABCP website https://babcp.com/core-professions
KSA application route Professional training or evidence of meeting knowledge, skills and attitudes (KSA) equivalent to professional training.	Applicants without a core mental health professional training need to demonstrate that they fulfil the criteria for Knowledge Skills and Attitudes (KSA) equivalent to professional training identified by the British Association for Behavioural and Cognitive Psychotherapies (BABCP) by the end of the first module. This will be evidenced by submission of a KSA portfolio prior to interview. Please state if you are applying via the KSA route. • Please state whether this is a condensed or full KSA. • Please reference if you have completed the KSA ready to submit. • CWPs, MHWP, EMHPs and PWPs are considered non-core professions. Those registered practitioners without a psychology degree accredited by the British Psychological Society (BPS) are required to submit a full KSA. Those practitioners

	with a psychology degree accredited by the BPS may be eligible to submit a condensed KSA – see condensed KSA application route. • Candidates from the above background must have been qualified for more than two years by the course start date (Cohort start date March 2027) to meet national expectations. • Applications without PWP or core professional qualification but with level 6 and 7 academic qualifications such as MSc or other postgraduate qualifications in mental health related field are still required to apply via the KSA route. It is the responsibility of the applicant to demonstrate they fulfil the criteria start the course, if selected. • Guidance on full KSA portfolios <u>Professions requiring a full KSA portfolio – BABCP</u> • Guidance on who is eligible for condensed portfolios <u>Knowledge, Skills & Attitudes – BABCP</u> • Guidelines for Assembling KSA Portfolios <u>KSA Portfolio Guidelines</u> • Blank Self-Statement <u>KSA2-Self-statement.docx</u> • Blank Clinical Experience Record <u>Knowledge, Skills & Attitudes – BABCP</u> • Further details regarding KSA can be found here: • https://babcp.com/core-professions/knowledge-skills-attitudes/
CONDENSED KSA APPLICATION ROUTE	Eligibility for a Condensed KSA Registered practitioners from CWP, MHWP, EMHP and PWP roles can qualify for the condensed KSA route if they meet these conditions set by the <u>BABCP</u>: • Psychology Degree: You must hold a psychology degree that meets the British Psychological Society (BPS) Graduate Basis for Registration (GBR).

	• Registration: You must be currently or previously registered with the BPS (Wider Psychological Workforce Register) or the BABCP. • Experience: You typically need at least 2 years of post-qualification experience. [1, 2, 3] See also: Professions eligible for a Condensed Portfolio – BABCP
Essential criteria for Experience	• Candidates from a registered PWP background must have been qualified and practising as for at least two years at the start date of the course, 08 March 2027 (from the date of the qualifying exam board) to meet national expectations. • Candidates applying via KSA route must have a minimum of two years' experience working in mental health-based environment. • Candidates from a core profession background must have a minimum of two years post-qualification experience working in mental health based environment at the start date of the course 08 March 2027.
Essential criteria for Skills and Attributes	• Recent experience of carrying out evidence based therapeutic interventions with adults with mental health difficulties. • Demonstrated experience working with clinical risk • Experience of accessing clinical supervision and utilising constructive feedback
Desirable criteria for Qualifications	• A learning equivalent to level 7 higher education (postgraduate) study in mental health related subject. • Additional courses and qualifications in intervention-based therapy, primarily CBT intervention theory.

	• Additional qualifications relating to health psychology / mental health subject • Clinical supervision training
Desirable criteria for Experience	• Working in a current role based in relevant field to role applied for (mental health) • In excess of two years' experience working in mental health field relevant to the role applied for • Demonstrated CBT intervention skills • Experience working with a full clinical caseload • Experience working in a Talking Therapies service • Knowledge and experience of working within a stepped care intervention model of therapy • Experience of working in secondary mental health services
Desirable criteria for Skills and Attributes	• Knowledge and understanding of recovery outcomes linking to therapeutic intervention. • Experience of delivering clinical supervision • Champion led and inclusion work related to Health Equality initiatives

Exclusion Criteria	• Candidates are unable to progress through the recruitment process if they are already registered on a Health Education England (HEE) funded programme or have received HEE funding within the last 2 years • Candidates who have previously been enrolled and not completed a funded HIPI training course must provide evidence and reference from the previous HEI about extenuating circumstances that lead to withdrawal from the course. Previously funded applicants who have withdrawn without extenuating circumstance, or who have been excluded from a HIPI course, are not eligible to apply. • Candidates who have already completed a CBT course meeting the BABCP minimum training standards for accreditation are not eligible to apply.
Additional requirements for the application	• Candidates must be able to commute to Leeds based clinics as part of daily work • Candidates must attend Hull University campus on a weekly basis as per the university timetable. This includes but is not limited to each week on Wednesdays. You must also be able technologically able to attend weekly sessions online teaching on a Thursday. • Candidates must take annual leave during university term time • Candidates are required to participate in self-directed study outside of employed working hours