
TRAINING OF THE COGNITIVE BEHAVIORAL SUPERVISION

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The training of cognitive behavioral (CBT) supervision is organized in accordance with the basic principles of CBT. The trainees learn how to develop adequate conceptualization of the supervision, improve self-reflection of supervisory process and how to help supervisee to better self-reflection into the therapy. The training of using CBT strategies in supervision like mapping of thoughts, challenge them, emotional processing, using experiential techniques, role playing, imagination are significant part of the supervision training. Trainees learn to appreciate their fundamental attitudes that they enter into the supervision process.

The core work in supervision training is the direct supervision of trainees of the cognitive behavioral training. The supervisions are recorded and supervised by trainers of supervision training and during the peer supervision of supervisors.

The theoretical part of the supervision training consist of 50 hours of lectures about supervision models, approaches, conceptualization, measurements of competencies, and 100 hour of self-study of literature and preparation of 3 lectures for the peers about supervision, ethics and related topics. The practical part includes 200 hours of direct training (role playing, supervision under supervision, supervision of video tapes of supervision) .

The requirement for the completion of the supervision training is presentation of the continuous supervision (minimum 10 sessions) of 4 trainees of CBT. For the final examination the videos of 4 individual supervision sessions and 2 from group supervision is required; the opponency of the thesis with personal self-reflection of the supervisory training is needed.