

**Serbian Association for Cognitive and Behavioral Therapies**

**ACCREDITATION SCHEME**

**for the accreditation of**

**Cognitive Behavioral Therapists**

## 1. INTRODUCTION

The Accreditation scheme is in force for 20 years, since the establishment of the Association in Serbia. Serbian Association for Cognitive and Behavioral Therapies is a full member of EABCT for 15 years (since September 2002). In October 1998, in collaboration with REBT Center Belgrade, Affiliated Training Center of Albert Ellis Institute (New York), a structured and accredited training program in REBT was established and implemented. The training in REBT was integrated into a broader perspective of training in cognitive and behavioral psychotherapy modalities and above the minimum of standards for Affiliated Training Centers of Albert Ellis Institute.

The EABCT Training Standards require that a candidate acquires competences to become an effective cognitive behavioral therapist in two stages. The first stage provides for the acquisition of generic therapeutic skills and the understanding of psychopathology that form part of a clinician's core professional training. The second stage is dedicated to the development of knowledge about the cognitive and behavioral models and specific competences in behavioral and cognitive therapeutic skills that are usually developed through post-graduate training.

The total duration of training in our Association is four years with 3 levels of competence. Training includes theoretical and skills training delivered in the format of workshops (300 hours), group supervision (60 hours) and individual supervision (tape recordings of 24 therapy sessions) Primary and Advanced level last for one year each and Final level of training lasts two years.

In 2006 the duration of the training program was extended to 1500 hours (four to five years, depending of duration of individual supervision after fourth year of training) in order to fulfill requirements for being accredited by the Society of Psychotherapists of Serbia (national "umbrella" association). In 2007 the extended training program of the Association was accredited by the Society of Psychotherapists of Serbia. Since then, each candidate who successfully completes the training in accordance with the training standards of the Association also receives a "Certificate for psychotherapy" of the Society of Psychotherapists of Serbia.

### 1.1 Admission Criteria

Entry requirement for Primary level of training:

- Diploma/Master in psychology,
- Medical doctor or MD with specialization in psychiatry
- Diploma/Master in social work
- Diploma/Master in defectology / special education and rehabilitation
- Diploma/Master in pedagogy

NOTE: Candidates with diploma/master degree in defectology / special education and rehabilitation, social work and, pedagogy must complete one year University postgraduate training in clinical psychology and psychopathology in order to be eligible for supervision of five 20-minute segment therapy recordings after completion of Advanced level of training and prior to applying for Final level of training.

### 1.2 Training Structure

The training is divided in three stages/levels:

### 1. Primary level of training in CBT

This stage of training consists of theoretical part, peer-counseling supervision and practical exercises in therapeutic skills. Training lasts one year and it covers 220 hours, of which:

- 120 hours of theoretical and skill training delivered in 16 workshops
- 100 hours of independent study

### 2. Advanced level of training in CBT

This stage of training consists of theoretical part, practical exercises in therapeutic skills and peer-counseling under supervision. Training lasts one year and it covers 235 hours, of which:

- 135 hours of theoretical and skill training delivered in 18 workshops
- 100 hours of independent study

### 3. Final level of training in CBT

This stage of training consists of theoretical part, group and individual supervision of candidate's case presentations/formulations and session recordings. Training lasts two years. It covers:

- 270 hours of theoretical training and group supervision delivered in 36 workshops
- 200 hours of independent study

The final stage must include:

- supervision of 24 candidate's session recordings (fourteen supervisions of 20-minute segments of sessions and ten supervisions of full therapy sessions)
- four written case studies
- four written self-evaluations of four transcripts of candidates sessions
- presentations at expert meetings, which must relate to the area of behavioral and cognitive therapies and be carried out during the training period

## 1.3 Personal Experience

The training includes 250 hours of personal development. Minimum 30 hours should be in the form of individual therapy with accredited CBT therapist. The rest of the hours are in the form of 1) peer-counseling sessions during skills training; 2) thematic workshops (e.g. assertiveness training; anger management; problem solving etc.) and 3) self-therapy using CBT forms and techniques. The aim of this part of the training is to enable therapists to identify and manage appropriately their personal involvement in the process of therapy and to become able to recognize when they should seek other professional advice.

## 2. ISSUE OF TRAINING CERTIFICATE

The Association issues several types of certificates to candidates or participants:

1. Certificates for the participation in workshops, seminars and presentations intended for the wider expert public and not only for psychologists and doctors. The certificates are not intended to prove the qualification for implementing a cognitive behavioral therapy, as they only certify the participation in an expert event where a participant obtains theoretical knowledge (lectures) and practical skills (workshops and work on particular cases).

2. Certificates on completion of a single stage within the three -stage training in behavioral and cognitive therapies.

The association keeps a register of all certificates issued. Each certificate contains an indication of training, date of issue, sequence number in the certificates register, seal of the association, signature by the President and normally also the signature of training provider.

### **3. ACCREDITATION PROCEDURE**

#### **3.1 Introduction**

Serbian Association for Cognitive and Behavioral Therapies issues certificates to candidates who fulfill all requirements and achieve the appropriate criteria, as stipulated by the Training Standards. The Association's certificate confirms that a therapist has attained competencies for the implementation of cognitive-behavioral therapy including:

1. The ability to assess, understand and formulate a patient's problems in accordance with cognitive-behavioral therapy:
  - to demonstrate effective interviewing and listening skills, using appropriate verbal and non-verbal communication;
  - to make use of appropriate behavioral and cognitive assessment methods (questionnaires, rating scales, observational techniques) and understand their validity and reliability;
  - to understand the problems in relation to cognitive-behavioral formulations;
  - to summarize, compare and contrast the cognitive and behavioral theoretical frameworks with different types of therapies to ensure that the appropriate model of intervention is applied.
2. The ability to apply an appropriate range of cognitive and behavioral interventions:
  - to demonstrate a broad knowledge and skills in implementing a range of behavioral and cognitive interventions that are effective and evidence based;
  - to be informed by and draw upon relevant information from the fields of psychology and other disciplines that have contributed to the knowledge base of behavioral and cognitive therapies;
  - to have sufficient knowledge of psychopathology and developmental and social contexts which are relevant to the area in which a therapist works;
  - to work in a collaborative way with clients, explaining at all points during therapy the relevance of the interventions used and seeking their consent;
  - to use appropriate evaluation methods (questionnaires, rating scales, observational techniques) to assess the impact of the interventions undertaken.
3. The ability to establish, build, maintain and conclude a therapeutic working relationship:
  - to set and maintain appropriate professional boundaries within the therapist-client relationship;
  - to be able to effectively assess the risk of harm to clients, therapists or others;
  - to understand and consider ethical and legal principles within the therapeutic relationship;
  - to be aware of and understand the impact that their own cognitive, emotional and behavioral characteristics and responses can have on their work, and to have the willingness and ability to change, making appropriate use of supervision and feedback (personal development).

### **3.2 Validity of Accreditation**

The Association accredits a therapist for a period of five years.

### **3.3 Accreditation Procedure**

An individual wishing to acquire accreditation and title of “Cognitive Behavioral Therapist” submits an application for accreditation to the Association which is handled by the Accreditation Commission of the Association of Cognitive and Behavior Therapies of Serbia. Within the period of maximum two months, the Accreditation Commission decides whether the accreditation criteria are met. The applicant who fulfills all conditions and has submitted a complete application is awarded a certificate within the same two-month period. The Association grants accreditation exclusively to its active members who have fulfilled all obligations towards the Association. Any member who pays the membership fee for the current year or for the accreditation/re-accreditation period has the status of an active member.

### **3.4 Re-accreditation Procedure**

Renewal of accreditation is done on the basis of re-accreditation criteria which require that a therapist performs the following activities during the period of five years from the previous accreditation to re-accreditation:

1. Participate in at least 50 hours of continuous training in workshops or seminars in CBT
2. Publish an article in expert periodicals or carry out two presentations at expert meetings to demonstrate theoretical and practical work.
3. Certify, in a written statement that at least 10% of his/her work has been in behavioral and/or cognitive therapies.

### **3.5 Accreditation Commission**

The Accreditation Commission is composed of: the President of the Association, trainers / supervisors and accreditation coordinator who is elected by the General Meeting of the Association. The Commission makes decisions about applications in regular meetings.

### **3.6 Accreditation Application Form**

To acquire a certificate, the candidate fills in the following tables:

**Form: Application for accreditation**

**Table 1: Basic information**

(Please write in capital letters and fill in all fields.)

Name and surname:	
Education:	
Title:	
Address:	
Employment (name and address):	
Professional position:	
Home telephone:	
Work telephone:	
E-mail:	

<b>Core profession:</b>	
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**Table 2: Academic and professional qualifications pertaining to the core professional qualification**

(Indicate only those relevant to core profession.)<sup>3</sup>

<b>Dates from - to</b>	<b>Qualification</b>	<b>Awarding institution</b>

Certificates of above qualifications must be provided. Do not send originals.

**Table 3: Professional experience**

(Give details of practice since you obtained your core qualification.)<sup>4</sup>

<b>Dates from - to</b>	<b>Employer (name and address):</b>	<b>Employed as:</b>

**Table 4: CBT practice**

(Give details of your practice during the period of CBT training, including the information of your client population and setting)

<b>Dates from-to</b>	<b>Professional position</b>	<b>Employer: (or private practice)</b>	<b>Client population</b>	<b>Clinical setting</b>	<b>Hours per week</b>	<b>Total % of time involving CBT</b>

**Table 5: CBT Training**

<b>Course title</b>	<b>Time (from – to)</b>	<b>Date of completion</b>	<b>Certificate number</b>
Primary Level			
Advanced Level			
Final Level			

Please enclose copies of certificates.

**Table 6: Presentations in expert meetings**

<b>Date</b>	<b>Co-authors</b>	<b>Title of presentation, event, presentation method (lecture, workshop, poster, etc.)</b>

Please attach copies of certificates or a copy of abstract.

**Table 7: Case studies and self-evaluations of session transcripts**

	<b>Date of completion</b>
<b>Case Study 1</b>	
<b>Case Study 2</b>	
<b>Case Study 3</b>	
<b>Case Study 4</b>	
<b>Self-evaluation of session transcript 1</b>	
<b>Self-evaluation of session transcript 2</b>	
<b>Self-evaluation of session transcript 3</b>	
<b>Self-evaluation of session transcript 4</b>	



**Table 9: Own activity**

(Mark with A or V (A = audio; V = video) which cases were presented with audio or video recordings in supervision)

Supervision of 24 candidate's session recordings (fourteen supervisions of 20-minute segments of sessions and ten supervisions of full therapy sessions)

	<b>Client identifier</b>	<b>Type of problem</b>	<b>Audio / video</b>	<b>Date and type of supervision (group or individual)</b>	<b>Supervisor</b>	<b>Hours of supervised therapy</b>
1						
2						
3						
4						
5						
6						
7						
8						

Total hours of supervised therapy: \_\_\_\_\_



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**I declare that the information provided in this application are true.**

**Date:**

**Signature:**