

SUPERVISOR TRAINING

Cognitive Behaviour Therapy (CBT)



Flinders
UNIVERSITY



Flinders University developed the training and supervision model in **Low Intensity Cognitive Behaviour Therapy (LiCBT)**, for the successful **New Access** program, in partnership with **beyondblue** and the **Movember Foundation**.

WHAT WE OFFER

Flinders University offers a comprehensive supervisor training program for practitioners currently working in mental health and related areas. We provide low and high intensity clinical supervision to staff delivering evidence-based interventions as part of a stepped care model.

Supervisor training in low intensity CBT (LiCBT) ensures that practitioners delivering a range of interventions are supported to maintain fidelity, adherence and scope of practice.

REAL WORLD TRAINING AND MENTORING

The training can be intensive so that the supervisor may begin their supervision role within 2 weeks of training (see options below). This is followed by 6-months of regular weekly mentorship and shadowing support to supervisors as they undertake their supervisory roles. The training can occur simultaneously with service delivery.

We have also developed a comprehensive suite of training materials and client workbooks for the Australian context.

FURTHER CAREER DEVELOPMENT:

The CBT courses offer accredited certificate, diploma and masters level qualifications designed for individuals who are interested in becoming effective practitioners and supervisors, providing an integrated and balanced curriculum structured around low intensity and high intensity focused psychological interventions for common mental health concerns. Each of the CBT courses build on each other to support progressive skill development.

For more information about Flinders University's Cognitive Behaviour Therapy postgraduate programs visit flinders.edu.au/medicine/sites/psychiatry/education/cbt/cbt_home.cfm.

Option 1

Supervisor Training in LiCBT (Intensive)

For those with mental health qualifications and prior experience in LiCBT.

SKILLS DEVELOPMENT AND TRAINING

Participation in 4.5 days of supported online learning

Supervision frameworks for the successful delivery of supervision for practitioners delivering LiCBT interventions

Engaging in clinical supervision for focused psychological therapies

Remote contact with supervisor to observe and support key supervision competencies

Integrating case management software systems

SUPERVISION AND COMPETENCIES DEVELOPMENT

Weekly contact and support for 6 months

Submission of a supervision portfolio and evidence of supervision sessions provided.

\$5,350

Option 2

Supervisor Training in LiCBT (Standard)

For those without experience in LiCBT

SKILLS DEVELOPMENT AND TRAINING

Attendance at a 3-day intensive workshop, engagement with online modules and practical exercises

Group supervision sessions

Acquisition of knowledge and skills in delivering guided self-help for people experiencing anxiety and depression

Participation in 4.5 days of supported online learning

Supervision frameworks for the successful delivery of supervision for practitioners delivering LiCBT interventions

Engaging in clinical supervision for focused psychological therapies

Remote contact with supervisor to observe and support key supervision competencies

Integrating case management software systems

SUPERVISION AND COMPETENCIES DEVELOPMENT

Weekly contact and support for 6 months

Submission of a supervision portfolio and evidence of supervision sessions provided.

\$7,825

**Commonwealth Supported Places (CSP) are available for those who meet the entry requirements for postgraduate study options at Flinders University. Full-fee paying places are also available. All applications are through SATAC. flinders.edu.au/courses/rules/postgrad/gdpcbt.cfm*

ENQUIRIES

Should you require any further information, please contact Paula Redpath, CBT Education and Training Manager and Course Coordinator CBT Programs.

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