THE UNIVERSITY OF HONG KONG

M.Soc.Sc. in Clin. Psy.

Clinical Supervisor's Corner

Self-Learning Modules on Core Competencies for Clinical Supervision

Module 8: CBT Supervision

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CBT Rating Forms -

For discussion of passing out CBT Session

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Therapist competence & treatment outcome

- Inconsistent findings
- Some support for the relationship between level of competence (CT) & outcome in depression study (Shaw, Elkin, et al., 1999; Trepka et al, 2004)
- Effect size in clinical studies smaller than RCT's
- Difference attributed to various possible causes, including competence of therapists and their adherence to the treatment protocol

Cognitive Therapy Scale

(Young & Beck, 1980)

- CTS-11 (1980)
- 7-point Likert scale
- Inter-rater reliability: 0.59 – 0.94
- Individual items:
  - 0.27 pacing
  - 0.54 feedback
  - 0.87 application of CB techniques
- Internally consistent except “homework” (0.07)
- CTS-13 (1986)

Scales comparison

CTS-11 (Young & Beck, 1980)	CTS-13 (Young & Beck, 1988)	CTS-R (Blackburn, et al., 2001)
Skill Factor (factor analysis by Vallis, 1986) ❑ **General therapy skills** 1. Feedback 2. Understanding 3. interpersonal effectiveness 4. collaboration ❑ **CBT skills** 5. Empiricism 6. focusing on cognitions 7. strategy for change 8. implementation of strategy	❑ **General Interview Procedure** 1. Agenda setting 2. Eliciting feedback 3. Collaboration 4. Pacing ❑ **Specific CB techniques** 5. Use of guided discovery 6. Case conceptualization 7. Focus on key cognitions 8. Application of cog techniques 9. Application of beh techniques 10. homework	1. Agenda setting 2. Feedback 3. Collaboration 4. Pacing 5. Interpersonal effectiveness 6. Charisma/ flair 7. Facilitation of emotional expression 8. Guided discovery 9. Conceptualization 10. Identifying key cognitions 11. Application of cognitive change methods 12. Application of behavioural techniques 13. Use of homework 14. Therapist's non-verbal behaviour
Structure factor 9. Agenda setting (general) 10. Pacing (general) 11. Homework (CBT)	❑ **Interpersonal effectiveness** 15. Empathic skills 16. Interpersonal effectiveness 17. Professionalism	

Problems with CTS-11/13

- No stat info for CTS-13
- Does not discriminate well between different levels of competence
- Points not adequately defined
- Large degree of inference from raters
- Aggregated constructs
- Overlapping items
- Not enough emphasis on emotional processing

CTS-R (Blackburn, et al., 2001)

- combined some items, added a few new items
- 13 or 14 items (item 14 is non-verbal behaviour of therapist, applicable only to video-taped rating.)
- added more detailed references to anchor points
- Included both competence & adherence
- Inter-rater reliability from 0.86 to 0.4
- individual items: 0.42 conceptualisation, 0.67 guided discovery

Cognitive-behavior Therapy Supervision Checklist

- Sudak, Wright, Bienenfeld, & Beck, 2001
- Simple, user-friendly, good face validity
- statistical properties unknown

CBT for depression Fidelity Scale

- US National EBP Toolkit Project
- initially identified 6 EBP's for schizophrenia and wrote resource kits & fidelity scales (tested in various centres)
  - Medication, Assertive Community Treatment, Family Psychoeducation, etc.
- became protocol for "Fidelity manual"
- Texas Department of Mental Health and Mental Retardation (TDMHMR) followed the format and came up with a fidelity scale for CBT for dep.
- Article (manual) on Supervisor's Corner Website

CBT Supervision

- CBT therapeutic process
  - Structured and agenda-directed sessions
  - guided discovery
  - seeking feedback
  - homework
- Use of CBT techniques
  - Identifying automatic thoughts
  - Challenging AT
  - Behavioural interventions
  - problem solving skills
  - Identifying and modifying schemas
  - Termination & relapse prevention

Usefulness, pros & cons?

Sudak's CBT supervision checklist		CTS-R		CBT Fidelity Scale	
Pros	Cons	Pros	Cons	Pros	Cons

Resources

Resources	Hyperlink
Cognitive-Behavior Therapy Supervision Checklist (Wright JH, Wright AS, Beck AT: Good Days Ahead: The Multimedia Program for Cognitive Therapy. Louisville, KY, Mindstreet, 2004)	https://www.appi.org/File%20Library/Products/APP_62153_Appendix_Learning-CBT_Wright.pdf
A Therapist's Guide to Brief Cognitive Behavioral Therapy (Cully, J.A., & Teten, A.L. 2008. Department of Veterans Affairs South Central MIRECC, Houston.)	https://www.mirecc.va.gov/visn16/docs/therapists_guide_to_brief_cbtmanual.pdf
Cognitive Therapy Rating Scale (CTRS) (Young J.E., & Beck, A.T. (August, 1980))	https://www.beckinstitute.org/wp-content/uploads/2015/10/CTRS-12-2011_portrait-Cognitive-Therapy-Rating-Scale-1.pdf
Cognitive Therapy Scale Rating Manual (Young J.E., & Beck, A.T. (August, 1980))	https://www.beckinstitute.org/wp-content/uploads/2015/10/CTRS-current-10-2011-Cognitive-Therapy-Rating-Scale-2.pdf
COGNITIVE THERAPY SCALE - REVISED (CTS-R) (I.-M. Blackburn, I.A. James, D.L. Milne & F.K. Reichelt, 2001)	https://ebbp.org/resources/CTS-R.pdf

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CBT Supervision References

Special Issue on Supervision:

- Journal of Cognitive Therapy, Volume 12, Number 2, Summer 1998. This issue includes discussions of supervision from a variety of perspectives, including CBT, REBT, Schema Therapy, etc.

Special Series: Accentuating the role of therapist emotion in behavior therapy training

- Kimerling, R. (2001). Introduction. Cognitive and Behavioral Practice, 7, 304-305.
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