

[Open Peer Review on Qeios](#)

Core Competences in Cognitive-Behavioural Therapy

Andrew Edward Paul Mitchell

Source

Andrew Edward Paul Mitchell. (2015). *The Effectiveness of a Short Cognitive Behavioral Training Course on Awareness, Knowledge, and Transferability of Competencies in Clinical Practice*. *Perspect Psychiatr Care*, vol. 53 (2), 87-94. doi:10.1111/ppc.12140.

“The main content areas include generic competencies in psychological treatments, basic cognitive behavioural competencies, specific cognitive and behavioural techniques, problem-specific [Cognitive-Behavioural Therapy] CBT skills, and meta-competencies to adapt CBT to the needs of each client.” ^[1] p 87

Assessing Competence

The Department of Health (2007) published ‘The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders’ ^[2].

The document provides a comprehensive analysis and evaluation of the competencies within each domain, accompanied by a visual representation illustrating their interconnectedness.

“Key competencies have been organized into five domains:

- generic competencies such as agenda setting, ability to plan, and review practice assignments; basic cognitive and behavioural competencies, such as knowledge of basic principles of CBT and rationale for treatment and ability to structure sessions;
- specific CBT techniques, including cognitive techniques such as guided discovery and using thought records;
- behavioural techniques, such as exposure procedures, activity monitoring, and scheduling;
- problem-specific CBT skills, such as treating specific conditions, including depression and anxiety disorders; and
- meta-competencies, including the ability to use clinical judgment when implementing a course of CBT treatment and capacity to implement CBT in a manner cognizant with the treatment ethos” ^[1] p 88

References

1. ^{a, b} Andrew Edward Paul Mitchell. (2015). *The Effectiveness of a Short Cognitive Behavioral Training Course on Awareness, Knowledge, and Transferability of Competencies in Clinical Practice*. *Perspect Psychiatr Care*, vol. 53 (2), 87-94. doi:10.1111/ppc.12140.
2. [^] Anthony D. Roth, Stephen Pilling. (2007). *The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders*. London: Department of Health.