



I-CBASP-S training guidelines 8.1.2021

These guidelines are intended to function as a reference and recommendation to new and existing providers of CBASP training.

The I-CBASP-S does not issue training certificates.

Certification is provided by local training organisers in accordance with their own national policies and procedures.

Training organisers may wish to apply to have their training programme(s) validated by the I-CBASP-S by sending their curriculum to the I-CBASP-S. Endorsement by the Society will grant permission to use the I-CBASP-S logo for advertising and certification, and training event(s) may be promoted through the I-CBASP-S website.

Level	Introductory	Basic (CBASP professional)	Certificated CBASP psychotherapist	Certified CBASP Supervisor	Certified CBASP Trainer
Target audience	All healthcare professionals and others interested in CBASP.	All mental health professionals with experience of treating patients with persistent depression.	Mental health professionals who are licensed/registered psychotherapists or psychological therapists.	Certified CBASP psychotherapists (minimum of 5 additional treated individual cases/groups for 16-20 sessions) with existing additional clinical supervision training and practice experience.	Experienced certified CBASP psychotherapists (minimum of 5 additional treated individual cases/groups for 16-20 sessions) and supervisors with existing additional experience in delivering training.
Key content	Introductory training course. Overview and key features of CBASP model.	Overview of persistent depression. Theoretical foundations of CBASP. Significant Other History and Transference Hypothesis. Impact Message Inventory/Kiesler's interpersonal circumplex. Situational Analysis. Disciplined Personal Involvement: CPR and IDE. Includes theory, modelling and practice methods.	Overview of persistent depression. Theoretical foundations of CBASP. Significant Other History and Transference Hypothesis. Impact Message Inventory/Kiesler's interpersonal circumplex. Situational Analysis. Disciplined Personal Involvement: CPR and IDE. Includes theory, modelling and practice methods.	Supervised supervision sessions with senior supervisor. Sessions can be audio recorded or live observations and must include all the key elements of CBASP.	Co-facilitation of Basic or Certification CBASP Training workshop delivered with senior Trainer/Supervisor.
Duration	Variable duration ranging from 1-2 hours to 1-2 days workshops.	Minimum hours of didactic learning and practice methods is equivalent to 3 days of workshops (typical range is 3-5 days).	Minimum hours of didactic learning and practice methods is equivalent to 3 days of workshops (typical range is 3-5 days).	Minimum hours equivalent to 3 days.	Minimum of 3 days.
Supervised practice	-	Supervised clinical practice of CBASP methods with patients following didactic learning. Additional supervision may also be delivered in connection with modular training workshops.	Minimum of 2 supervised individual cases for 16-20 sessions, or 2 groups for 20 sessions, or 1 individual case and 1 group therapy. Therapy sessions are, at least partly, video/audio recorded.	Supervised supervision of a minimum of two individual cases or groups.	Supervised delivery of a minimum of one CBASP training workshop.
Competency criteria	-	Supervised clinical practice by CBASP supervisor/trainer.	Optimally, clinical competencies for certification are assessed by 2 accrediting supervisors using the CBASP adherence scales (currently under revision). At least one of the two accrediting supervisors is not the therapist's regular clinical supervisor.	Demonstrate reliable scoring of CBASP adherence scales (currently under revision).	Demonstrate satisfactory teaching ability evidenced by feedback from senior trainer and trainees.
Maintenance	-	Ongoing supervised clinical practice.	Ongoing supervised clinical practice as a CBASP therapist. Attend at least one CBASP CPD event per year e.g. national/international conferences, workshop or course.	Ongoing supervised clinical practice as a CBASP therapist and supervisor.	Ongoing supervised clinical practice as a CBASP therapist and supervisor. Joint delivery of CBASP training once every two years at a minimum. 24 hrs. continuing education in CBASP over 3 years, i.e. equivalent to 1 day workshop every year on average.