

P03-149

COGNITIVE BEHAVIORAL PSYCHOTHERAPY SUPERVISION - WHAT WORKS?

D. Kljenak

Psychiatry, University Health Network, University of Toronto, Toronto, ON, Canada

Introduction: Substantial empirical support for cognitive behavioral therapy (CBT) effectiveness in the treatment of various psychiatric disorders has been demonstrated. Adequate training in CBT results in improved therapist competence and patient outcomes. Essential part of the training in CBT is a clinical supervision. A review of theoretical perspectives on CBT supervision is provided. Commonly encountered obstacles in CBT supervision are illuminated with case examples.

Objectives: At the end of the presentation participants will be able to describe a theoretical approach to CBT supervision, list common obstacles encountered in CBT supervision and describe strategies to effectively address these obstacles.

Aims: The aim of the presentation is to encourage CBT psychotherapy supervisors to reflect on the supervisory methods they use and increase their ability to provide effective CBT supervision.

Methods: The literature on successful CBT supervision is reviewed. This case based presentation will illustrate strategies for addressing commonly encountered roadblocks in supervision.

Results: Having a theoretical framework for CBT supervision enhances supervisors' ability to provide successful supervision.

Conclusions: Review of theoretical approaches to CBT supervision, the description of commonly encountered obstacles and strategies to manage them during the supervision creates platform for reflection on the supervisory methods used by the participants.