

## BELIEFS AND ATTITUDES TOWARD SUPERVISION IN COGNITIVE BEHAVIORAL THERAPY IN DIFFERENT STAGES OF CBT TRAINING

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**Objective:** Psychotherapy requires clinical supervision. This is systematic guidance of a therapist by a supervisor. Inevitably, there is a question of training new high-quality therapists. This is related to supervision of their basic training. Beliefs and attitudes toward supervision in CBT could change during CBT training.

**Aims:** Our study was concentrated in mapping of the expectations from supervision of participants of CBT training in two different phases of training course (after 1<sup>st</sup> year of the training and after 4<sup>th</sup> year of the training) and expectation from supervision in participants of training in CBT supervision. As an assessment tool was used the Attitudes and Beliefs about Supervision Scale (ABSS). The expectations of probands with different experience in supervisor were compared to find out the similarities and the differences of the expectations.

**Results:** The results showed that the students of Supervisory training (n=16) stress especially self-reflection and structure of supervision, Beginners in CBT training (n=36) stress counseling and planning of therapeutic strategies, and Advanced in CBT training (n=34) prefer higher understanding of transference and counter-transference and learning according the model.

Surprisingly the self-reflection and therapeutic relation were evaluated as a most important by all groups.

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