

Index of service support for the delivery of CBT

Evans, Penny & Waddington (2022)

The index provides a valid and reliable index of service support for delivering CBT and is positively related to engagement and wellbeing among CBT practitioners.

<i>Standard 1: Access to recording equipment</i>	Yes	No	Don't know
1a. In practice, do you have access to video recording and video play back for use in your clinic room (or other suitable, accessible and appropriate clinical environment)? (Note: if you are using your personal equipment, answer NO and explain this in notes).	Yes	No	
1b. In practice, do you have access to video / audio play back equipment for use as part of supervision and/or clinical self-reflection? (Note: if you are using your personal equipment, answer YES and explain this in notes).	Yes	No	
1c. Are protocols and permissions in place to enable the recording of clinical sessions?	Yes	No	Don't Know
1d. Do you have access to a suitable environment for listening/watching recordings of clinical sessions?	Yes	No	

<i>Standard 2: Suitability of the clinical environment.</i>	Yes	No	
2a. Safety: Is the clinic room that you use set out in such a way that reasonably ensures the safety of therapist and client? (e.g. consider emergency exit, availability of panic alarms, any safeguards or procedures to deal with violent incidents, etc.)	Yes	No	
2b. Is the clinic room that you use 'fit for purpose' as described above? (e.g. consider fittings, furniture, equipment, etc.)	Yes	No	
2c. Accessibility: Does the clinic room that you use allow for the safe and appropriate treatment of	Yes	No	
2d. Confidentiality: Does the clinic room that you use allow communication to remain confidential?	Yes	No	

<i>Standard 3: Clinical supervision</i>	Yes	No	
3a. Is the type of supervision you receive adequate for you to deliver treatment which closely approximates that of the RCTs in the NICE guidance?	Yes	No	
3b. Is the quantity (e.g. frequency, duration, enough time to discuss your own cases if supervision is in a group) of your supervision sufficient for you to deliver treatment which closely approximates that of the RCTs in the NICE guidance?	Yes	No	
3c. Are the knowledge, skills and experience of the supervisor well matched to the type of treatment protocols you use?	Yes	No	

<i>Standard 4: Time to offer flexible sessions and prepare</i>	Yes	No	Don't know
4a. In practice, are you able to offer extended sessions of up to 90 minutes when appropriate?	Yes	No	
4b. In practice, are you able to offer bi-weekly (twice weekly) appointments when appropriate?	Yes	No	
4c. Is your allocated admin time sufficient to review audio or video material for the purpose of reflection and/or preparation for supervision? (Note: 'admin time' refers to non face-to-face therapy activity, for example designated time to review notes, write reports, prepare for sessions, etc.).	Yes	No	
4d. Does your service allow for an extended number of sessions if required, in line with NICE guidance?	Yes	No	

<i>Standard 5: Working outside the clinic</i>	Yes	No	Don't know
5a. In practice, are you able to treat clients outside of the clinic as and when required by the treatment protocol?	Yes	No	
5b. Are protocols and permissions in place to enable you to assess and treat patients outside of the clinic? (e.g. lone working policy, risk management protocol).	Yes	No	Don't Know

<i>Standard 6: Continuous Professional Development</i>	Yes	No	
6a. Do you have a Professional Development Plan (PDP) in place which sufficiently identifies CBT specific training priorities for yourself and places these in the context of CBT training needs for the service?	Yes	No	
6b. Is the PDP monitored and supported in line with trust wide standards? (e.g. one appraisal per year and 6 monthly reviews).	Yes	No	
6c. Does the service have a clear policy specifying an allocation of time and resource to spend on CPD activity per week or per month?	Yes	No	