

## SFHPT10

# Guide and monitor progress made in cognitive and behavioural therapy



### Overview

This standard shows how the cognitive and behavioural therapist uses measurement and self-monitoring as part of the process of therapy for the client. Measurement and self-monitoring also help the therapist to track and evaluate the process through which they are taking the client.

This standard describes therapeutic practice that has been shown to benefit adult clients engaged in cognitive and behavioural therapy for healthcare reasons, particularly depression and anxiety disorders (see reference in the additional information section on page 5). To apply this standard, practitioners also need to take account of the multiple problems and complex co-morbidities that individual clients may bring to therapy. Cognitive and behavioural therapy should be offered as part of an explicit and structured approach agreed within the treatment team and with the client.

Users of this standard will need to ensure that they are receiving supervision and that their practice reflects up to date information and policies. This standard should be understood in the context of the Digest of National Occupational Standards for Psychological Therapies.

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### Performance criteria

*You must be able to:*

- P1 generate an accurate concurrent measurement of behaviours to complement the client's recall
- P2 choose measures of the targeted problem that reflect:
  - P2.1 the client's perceptions of the problem
  - P2.2 the client's preferences and abilities
- P3 establish a baseline and subsequent measures of progress at points agreed with the client throughout the intervention
- P4 help the client monitor specific patterns of their symptoms
- P5 help the client use in-session practice to begin self-monitoring
- P6 help the client identify and resolve any issues which make self-monitoring problematic
- P7 ensure that the client's targets for self-monitoring are clearly defined and detailed
- P8 ensure that the client understands how to use the self-monitoring tools
- P9 offer the client feedback on any apparent change or no change in thoughts, feelings and behaviour
- P10 assess whether progress as measured is clinically significant
- P11 adapt the intervention in the light of information from self monitoring and in relation to client progress
- P12 identify what may be learned from the monitoring data for your own practice and that of others

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### Knowledge and understanding

*You need to know and understand:*

#### Goals for cognitive and behavioural therapy

- K1 the goals of treating common psychological problems
- K2 how to evaluate whether goals are likely to be achievable
- K3 how to evaluate when goals are motivating or demotivating for the client
- K4 how to evaluate progress toward goals

#### Measurement for cognitive and behavioural therapy

*You need to know and understand:*

- K5 effective standardised measures
- K6 techniques for the client to self-monitor
- K7 how the client may reveal their comfort or discomfort with the way in which therapy is going
- K8 structured diagnostic criteria for the client's psychological problem
- K9 methods of measuring behaviour, emotion and cognition
- K10 the use of standardised questionnaires and assessment measures
- K11 standardised measures of common psychological problems
- K12 the interpretation of changes in scores on measurement tools

#### Working together in cognitive and behavioural therapy

*You need to know and understand:*

- K13 verbal and non verbal behaviours
- K14 listening skills
- K15 effective and ineffective interpersonal behaviours
- K16 personal self awareness
- K17 how to engender trust
- K18 how to develop rapport
- K19 how to identify when you are controlling sessions at the cost of client engage mentor collaboration
- K20 how the client may reveal their comfort or discomfort with the way in which therapy is going
- K21 professional boundaries and codes of conduct
- K22 how to 'read'/interpret the client's emotional reactions
- K23 possible sources of therapeutic impasse

#### Principles and practice of cognitive and behavioural therapy

*You need to know and understand:*

- K24 cognitive and behavioural models of depression and anxiety disorders and their underlying mechanisms
- K25 the principles underlying cognitive and behavioural approaches to common psychological problems
- K26 the psychological and social difficulties presented by clients with

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- common psychological problems
- K27 the range of cognitive and behavioural therapy models and treatment plans that can be employed
- K28 evidence based cognitive and behavioural techniques used in treatment of depression and anxiety disorders
- K29 the stages of human development throughout a life span and how they affect people and their needs
- K30 the impact of social relationships and environment on health and wellbeing
- K31 the changes in cognitive ability and the impact that age related transitions have on interpersonal networks
- K32 the effects and impact of prescribed medication, non-prescribed drugs and alcohol on the client's health and wellbeing
- K33 how to adapt your communication to the client's individual needs

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#### Additional Information

##### External links

This standard is derived from research reported in Roth A D and Pilling S (2007) The competences required to deliver effective cognitive and behavioural therapy for people with depression and with anxiety disorders. Department of Health/University College London.

This standard has indicative links with the following dimension within the NHS Knowledge and Skills Framework (October 2004):

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