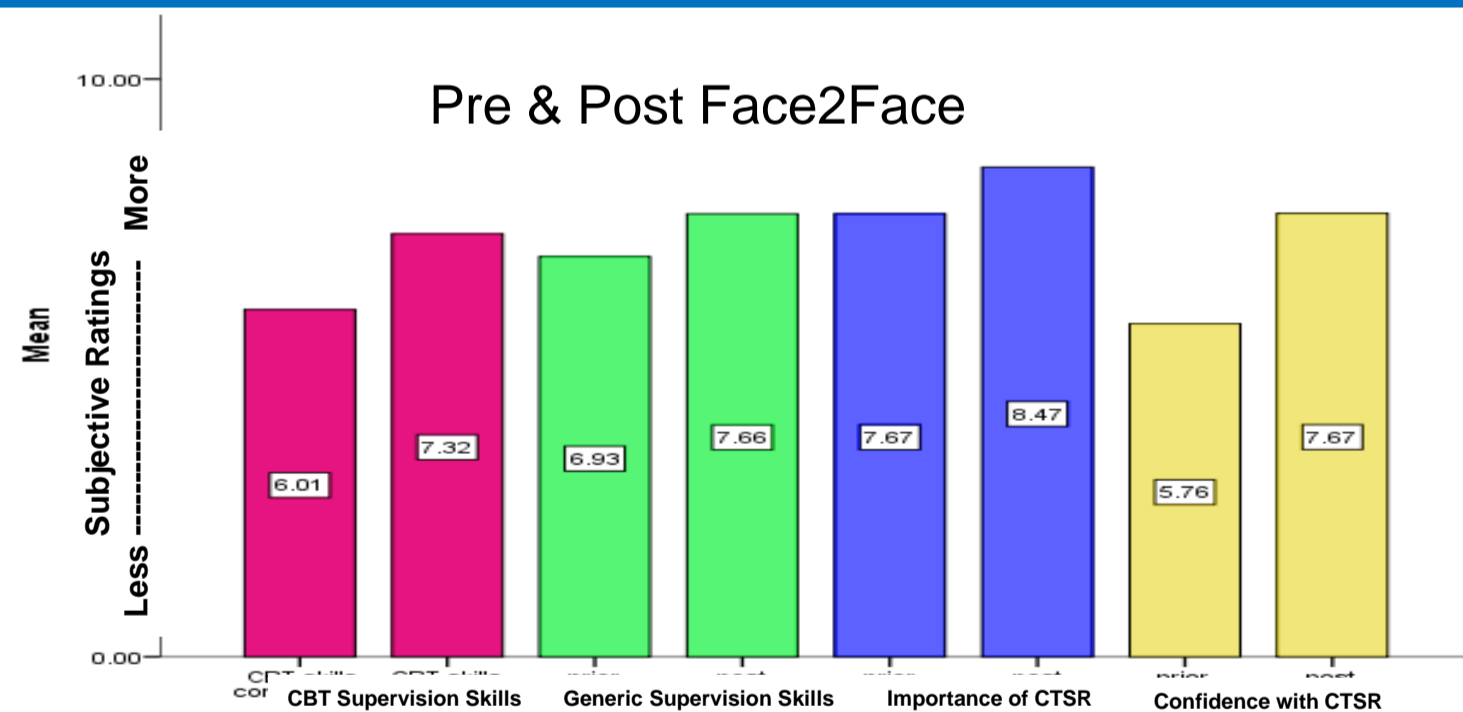


29 Courses delivered in 4 years to 392 Scottish Psychological Therapists

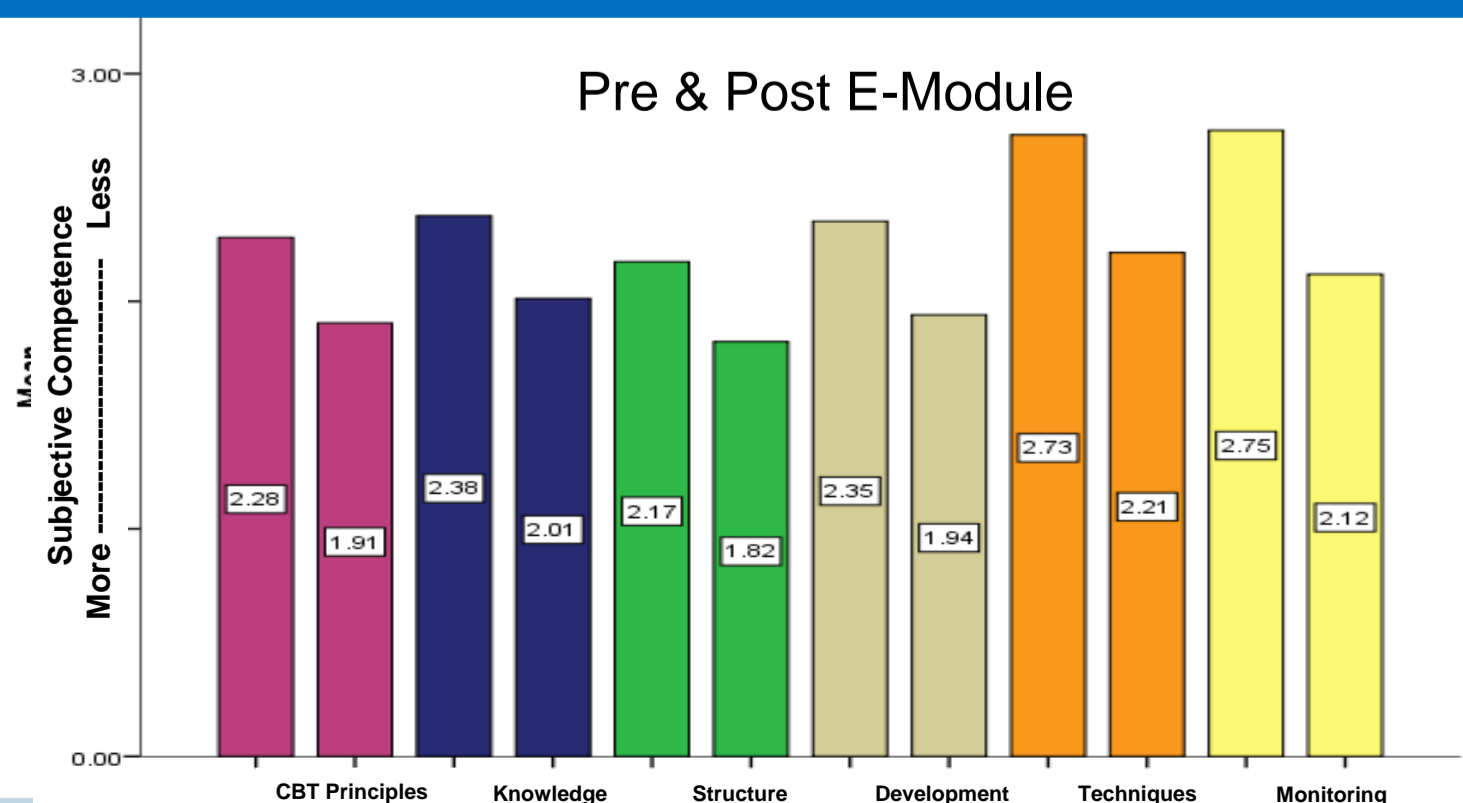
Profession		Year		Location	
Prof.	No.	Year	No.	Location	No.
CBT Therapist	65	2014	43	Glasgow	179
Clinical Psychologist	186	2015	137	Stirling	37
Counselling Psychologist	25	2016	96	Edinburgh	127
Applied Psychologist	24	2017	61	Aberdeen	10
Nurse	6	2018	55	Dumfries	15
Psychiatrist	6	Total	392	Inverness	12
Allied Health Prof.	8			Lanarkshire	12
Clinical Associate	34			Total	392
Psychotherapist	4				
Anonymous	34				
Total	392				

86.2% Training Acceptability Rating Scale Score. Scores above 70% are regarded as highly satisfactory (Davis et. al., 1989).

+ Changes in Supervision Beliefs

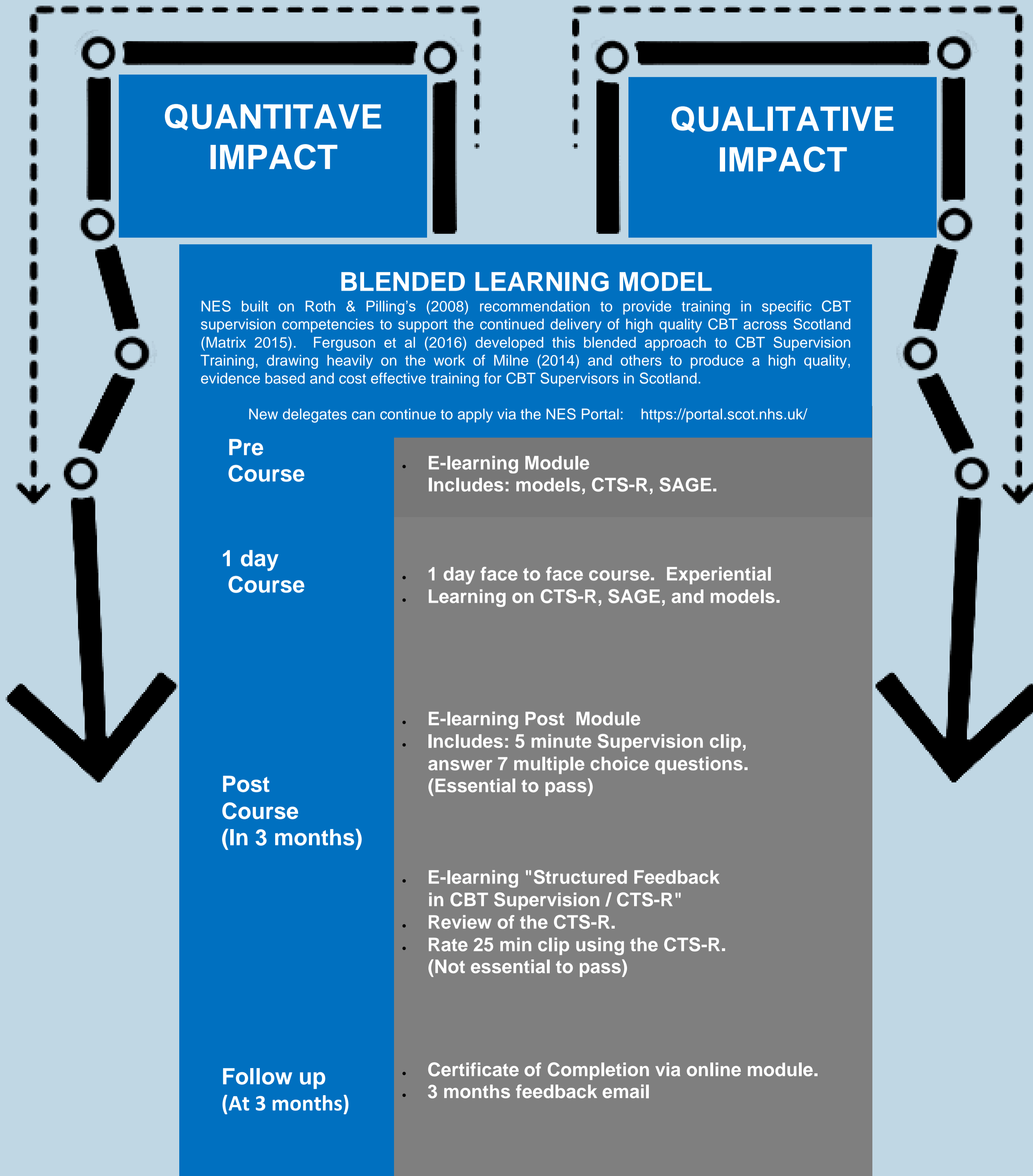


+ Changes in Supervision Subjective Competences



NES SPECIALIST SUPERVISION TRAINING IN CBT (4 YEAR OVERVIEW)

(Dr Nathan O'Neill, Dr Sandra Ferguson, Dr Mairi Albiston, NES)



Reflections on the E-Learning

"I am far more aware of the benefits that it can be used as a learning tool and to highlight areas that require development"

"Yes I think following the training I feel more confident and therefore more motivated in using the scale. Prior to training I would not have attempted it"

Views of face to face training

"enjoyed the role plays, more please and earlier in the day"

"scaffolding! Building on the e-learning discussion of the models in the morning and experiential in the afternoon going through the CTSR exercise really helpful"

"role plays. Discussing value of rating scales in a positive way and challenging preconceptions"

Reflections after 3 months

"main learning point was that the CTS-R is probably even more use for training than for evaluation"

"being clear that the CTS-R is not an 'exam' and has its uses to support supervision and training"

"It was helpful to review the utility of the SAGE and CTS-R and reflect on the most helpful, safe way to provide both positive and constructive feedback"

"Interestingly, my clinical practice has also changed, as reviewing the CTS-R has highlighted some of the aspects of delivering CBT that I was focussing on less regularly"

Future Directions: Slides & Delegate Handbook updated for 2019 including introduction to new 'Short SAGE'. Further NES Specialist Supervision Trainings.

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