



TEXAS DEPARTMENT OF STATE HEALTH SERVICES

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Broadcast BHP MSG #106

July 2nd, 2013

To: Executive Director Texas Council of Community MHMR Centers
Executive Directors, Local Mental Health Authorities
Mental Health Directors, Local Mental Health Authorities (LMHAs)

From: Lauren Lacefield-Lewis, Acting Section Director *L³*
Community Mental Health and Substance Abuse Division, Program Services

Re: Alternate Cognitive Behavioral Therapy (CBT) Criteria for Supervisors and Cognitive Behavioral Supervision Groups

Summary

DSHS is working to support Local Mental Health Authorities (LMHAs) efforts to provide appropriate supervision for Cognitive Behavioral Therapy (CBT). DSHS will be offering an alternative for supervisors struggling to meet the minimal training requirements. In addition, to support the CBT staff, DSHS will be offering CBT supervision groups.

Alternate Criteria for Supervisors of CBT

In order to assist LMHAs during this transition period, DSHS will accept participation in the webinars listed below as meeting the CBT supervisor training requirements. This one-time opportunity consists of participating in three one-hour webinars that will be held July 8th, 10th and 12th. These webinar sessions will be facilitated by the CBT expert Dr. Leslie Sokol, PhD, from the Academy of Cognitive Therapy. This opportunity is being brought to you via the Centralized Training Infrastructure for Evidence-based Practices (CTI-EBP).

If you are a supervisor that plans to attend the webinar series, please use the following links to reserve your space for all three sessions:

- July 8th - <https://www4.gotomeeting.com/register/893763335>
- July 10th - <https://www4.gotomeeting.com/register/916205943>
- July 12th - <https://www4.gotomeeting.com/register/458224311>

CBT Supervision Groups

DSHS will provide supervision groups to assist individuals in meeting the FY14 competency requirements. There will be 4 supervision groups with certified experts in CBT from the Academy of Cognitive Therapy. Each supervision group will consist of no more than (6) participants for a total of (24) available slots.

Supervision groups will include two sessions per group. They will be no longer than 1 hour in

length per session. There will be a tape review each day of the group supervision. Day 1 will be spent reviewing a session sample with a score of 40 or less. On day 2, participants will review a session sample that has a score of 40 or higher. The first group supervision will be spent calibrating on the various items of the Cognitive Therapy Rating Scale (CTRS) using one of the submitted samples by the participants. The second group supervision session will be spent calibrating on a sample that scored a 40 or higher on the CTRS. The intent of the supervision groups is to aid participants in furthering their knowledge of CBT in preparation for their next competency review.

In order to participate in the supervision groups, participants must meet the following criteria:

- Each participant must submit their previously rated tape as a sample to use during the group supervision.
- Each participant must sign and initial the agreement (Attachment 1 – CBT Supervision Agreement) outlining additional requirements for participation.
- Each participant must participate in the webinar offered on July 8th, which will offer a refresher/introduction to CBT. Participation in this webinar is required in addition to the selected group supervision session. You may reserve your space at the webinar using the following link: <https://www4.gotomeeting.com/register/893763335>

Preference will be given to individuals who have submitted tapes for review that have not passed the competency review. If there are existing group supervision slots after those individuals have been scheduled, the remaining slots will be available for all persons who wish to receive group supervision prior to submitting a tape for review. The following dates and times have been scheduled for the aforementioned supervision sessions:

Group Supervision Dates

- **CBT Supervision Group 1** Facilitator: Noah Clyman, LCSW, 2-3pm, July 23rd & 25th
- **CBT Supervision Group 2** Facilitator: Angela Adamson, LCSW, 10-11am, July 23rd & 24th
- **CBT Supervision Group 3** Facilitator: Noah Clyman, LCSW, 1-2pm, July 30th & August 1st and;
- **CBT Supervision Group 4** Facilitator: Angela Adamson, LCSW, 10-11am, August 5th & 6th

Please note that the dates and times are based on the trainers' availability, therefore, these scheduled times are not able to be adjusted. Preference for dates will be based on a first come first serve basis. If you are interested in participating, you must submit all required, completed documentation, along with preferred session dates/times and send via email to Trina Ita at Trina.Ita@dshs.state.tx.us by Wednesday, July 10th. To ensure that you are scheduled during a time that accommodates your schedule, please send your session dates/times in order of preference. Please place the following in the email subject line: "*CBT Supervision Participation and Agreement.*" Additional instructions will be provided when you are notified of your assigned group supervision session.

If you have any additional questions to Trina K. Ita at Trina.Ita@dshs.state.tx.us or 512.206.5334.