



# **32 HOURS COURSE ON COGNITIVE-BEHAVIOURAL THERAPY MODEL IN SUPERVISION**

## **SYNOPSIS**

The course aims to provide an introduction to clinical supervision from the CBT perspective in counselling and psychotherapy, which equips the student in both the concepts and procedures of providing supervision using the CBT framework. In looking at the observable cognitions and behaviours, with an emphasis on the supervisee's professional identity and his/her reactions to the client, the student develops skills such as conceptualizing client and/or supervisee progress in the reduction of negative emotions, the ability to train the supervisee in generating and testing hypotheses, the way to model behaviour and implement interventions, as well as conduct evaluation using self and live-observation. The course is conducted in a structured and systematic approach, which is consistent with the emphasis of evidence-based practice in CBT.

## **LEARNERS' OUTCOMES**

- Demonstrate knowledge of CBT framework as it applies to supervision
- Identify and demonstrate the aspects of a collaborative supervisory relationship
- Conceptualise client/supervisee progress within CBT framework

## **ASSOCIATE PROFESSOR SUNIL BHAR**

*Sunil Bhar is an Associate Professor of Psychology at Swinburne University of Technology. He chairs the Department of Psychological Sciences. He also directs the Wellbeing Clinic for Older Adults and Obsessive Compulsive Disorders Program at the Swinburne Psychology Clinic. He runs an active research lab focusing on the emotional wellbeing of older adults and the mechanisms of reminiscence and cognitive-behavioural therapies. He has won over \$2 million in grants to examine the wellbeing of older adults living in residential aged care settings and dementia care. He is a diplomate of the Academy of Cognitive Therapies, having spent 4 years working with Aaron Beck, MD investigating the efficacy of cognitive therapy for suicide prevention. Dr Bhar has maintained a clinical practice for over 20 years, and integrates clinical experience into his ongoing teaching and research activities.*

### **ADMINISTRATIVE DETAILS**

Duration	: 4 Days / 32 Classroom Training Hours
Dates	: 12 April 2019 (Friday), 13 April 2019 (Saturday), 15 April 2019 (Monday), 16 April 2019 (Tuesday)
Time	: 9.00am – 6.00pm
Venue	: Executive Counselling & Training Academy. 210 Middle Road #07-02 Singapore Pools Building S188994
Fee	: \$1,284.00 ( <i>inclusive of GST</i> )
Application Fee	: \$53.50 ( <i>inclusive of GST</i> ) ( <i>waived for ECTA Alumni</i> )
Payment	: Cash / Cheque (made payable to ECTA)
Closing Date	: 30 December 2018

### **ENTRY REQUIREMENTS**

Counselling and Health Sciences qualification or its equivalent.

Note:

- *Fee include coffee breaks, lunch and training materials*
- *A Certificate of Completion will be issued by Swinburne University of Technology*

*For more information , please contact Yen / Irene @ Tel: 63466411 or write to [yenyin@ecta.edu.sg](mailto:yenyin@ecta.edu.sg) / [irene@ecta.edu.sg](mailto:irene@ecta.edu.sg)*

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## **REGISTRATION FORM**

**FULL NAME** : \_\_\_\_\_

**DESIGNATION** : \_\_\_\_\_

**NAME OF ORGANISATION** : \_\_\_\_\_

**MOBILE NUMBER** : \_\_\_\_\_

**QUALIFICATION** : \_\_\_\_\_

**EMAIL ADDRESS** : \_\_\_\_\_

**MAILING ADDRESS** : \_\_\_\_\_

**PAYMENT** : **CASH / CHEQUE** (*please circle one*)