

CBT-L5 - Guidance to Writing External Assessment Case Review

The case review is expected to show that you have developed the skills and knowledge necessary to work safely and effectively within a CBT framework at level 5.

The case review must be structured using each of the seven headings below. It should provide a coherent summary of your therapeutic counselling work with ONE client (covering at least six sessions) undertaken during the duration of the course. You need to give specific examples from your work throughout, which may include brief examples of what was said (where relevant), but the case review should not be a transcript nor should it be a session by session account. **Confidentiality must be maintained at all times.**

The case review should:

- reflect a sound underpinning of integrated CBT theory and skills
- evidence a clear understanding of the therapeutic relationship and the therapeutic process within a CBT framework
- give a clear sense of your clients, as well as your own level of self-awareness
- show a mature use of supervision appropriate to the integration of CBT theory and skills

Common mistakes are – not being able to demonstrate sufficient evidence of integrating the skills and theory of CBT coherently into your work, not showing appropriate maturity or depth of counselling practice, self-awareness and application of learning from supervision, not showing adequate critical reflection and evaluation, running out of words by sections six and seven.

Please reference your work accurately and include a bibliography at the end. Attach the signed cover sheet given in your Candidate Guide.

The total word count – including all quotations – must be between 3,000 – 3,500 words. Case studies exceeding the maximum word count will be deemed **Not Proficient**.

Footnotes and the bibliography are not included in the word count. Appendices and other material are not required and will not be marked.

The case review does not have to be completed under exam conditions, but it must be all your own work and must not have been previously assessed by your tutor.

Word processed reviews are preferred, using double line spacing, wide margins and page numbering, with your name and candidate number on the top or bottom of each page. The word count should be noted per section, with a summative count at the end. If handwritten, please ensure writing is legible as papers that cannot be read may be deemed Not Proficient.

If you are Not Proficient in the external assessment your tutor can book an appointment with CPCAB to get verbal feedback in order to offer you guidance for re-sitting the case review. If you choose to resit this assessment you **must write a fresh case review based on a different client**. You will be required to sign the cover sheet to confirm that your resubmission is based on a different client.

You must present your answers under the seven headings given below:

1. Context and boundaries of work

- Describe the context in which you work showing your understanding of the boundaries and ethical framework for your CBT practice.

You must:

- ✓ Describe the context and setting where you provide CBT counselling.
- ✓ Evidence how you established a client/counsellor agreement or contract.
- ✓ Explain how an ethical framework informs your work.

2. Assessment/diagnosis

- Use the CBT framework coherently to arrive at an initial assessment of your client.

You must:

- ✓ Explain how you used CBT tools to assess your client and arrive at an initial case formulation and problem list.

3. Awareness of diversity issues

- Work with awareness of diversity issues within a CBT framework.

You must:

- ✓ Use CBT concepts to reflect on issues of diversity relevant to your work with this client.
- ✓ Evidence how you worked with these issues with reference to your client's patterns and schemas.

4. Development of the therapeutic relationship

- Show how you worked with aspects of the CBT relationship for the benefit of the client.

You must:

- ✓ Critically reflect on the therapeutic relationship with reference to your client's patterns and processes.
- ✓ Evidence how your understanding of the relationship informed and enhanced the depth of your work with this client.

5. Use of self - awareness

- *Reflect on how your self-awareness impacted on the therapeutic work.*

You must:

- ✓ Use CBT concepts to critically reflect on your own process - your response to your client and your impact on the therapeutic work.
- ✓ Evaluate how insights from own personal work enhanced the therapeutic process within the CBT framework.

6. Theory underpinning skills

- *Work within a coherent CBT framework of theory and skills in the counselling process.*

You must:

- ✓ Give a clear description of the CBT theoretical framework that underpins your practice.
- ✓ Evidence how you have consistently integrated CBT theoretical understanding and use of skills/interventions to work coherently with this client.
- ✓ Critically evaluate your work at level 5 with this client within the framework of a CBT approach.

7. Use of supervision

- *Critically reflect on your use of supervision.*

You must:

- ✓ Critically reflect on how you used supervision, as a CBT practitioner, to explore key issues from your work with this client.
- ✓ Integrate insights and learning from supervision into your work with this client.

Marking scheme:

Each section of the case review is awarded between 0 and 3 marks on the following basis:

0 = no evidence 1 = minimum evidence

2 = satisfactory evidence 3 = robust evidence

Candidates must achieve at least ONE mark in each section and an overall mark of 11 out of 21 to be assessed as Proficient. Candidates can be awarded ½ marks.

Please note that each section carries equal weighting, so you are advised to take this into account when deciding how much to write in each section.