

**AREBT**

**CRITERIA & GUIDELINES FOR COMPLETING LISTED AREBT COUNSELLOR APPLICATION FORM**

In 2020 AREBT created the first national UK Listing of Rational Emotive Behavioural Therapy (AREBT) Counsellors.

This means that AREBT members with suitable qualifications, training and experience can apply for Listed AREBT Counsellor status.

This Listing will run alongside Accreditation and is not intended to replace this process or The CBT Register. Listed AREBT Counsellor status does not automatically entitle the AREBT member to Accredited REBT Psychotherapist status. Applicants interested in this process will need to refer to the separate AREBT Criteria and Guidelines with regard to Accreditation.

The following seven **CRITERIA** must be met in order to gain Listed AREBT Counsellor status:

**CRITERION 1:** You must have undergone and achieved **Core Professional** training in psychology and/or counselling, and must indicate under criterion 1 section 3 of the application form which Professional Body you are registered with regard to your **Core Profession**. Recognized Core Professions for this purpose are as listed BELOW:

**Applied Psychology** - 1st degree plus post-graduate qualification in the following applied area:

Health and Care Professions Council (HCPC)

Registered Counselling Psychologist

HCPC Registered Clinical Psychologist

**Counselling and Other helping professions**

British Association for Counselling and Psychotherapy (BACP) Accredited

Counsellor

BACP Registered Counsellor

National Counselling Society (NCS) Registered Counsellor

UK Council for Psychotherapy (UCKP) – Registered with the National Register of

Psychotherapists or National Register of Psychotherapeutic Counsellors

If you **do not** have a recognized Core Profession listed here, you may not be eligible to apply for Listed AREBT Counsellor status at this time. You must provide evidence with regard to the above, including training certificates/qualifications.

You must continue to be a member of a core professional body.

You must also either already be a member of AREBT or apply to become a Full Member alongside your application for Listed Counsellor Status.

**CRITERION 2:** You must have been accountable for your own professional practice to a senior member of your own, or another of the relevant Core Professions for at least one year. For those practicing in a clinical setting this could be your line manager e.g. if working in a GP practice it could be the practice manager or the GP or if undertaking voluntary work, the organizational manager. For those only working in private practice, you will need to ascertain the services of a mentor, who is a senior member (minimum of five years therapeutic experience or accredited practitioner) of AREBT/BABCP with whom you meet on a regular basis to discuss your practice. This person would be different to your supervisor.

**CRITERION 3:** You must provide evidence that you have successfully completed recognized training in the theory and practice of Rational, Emotive, Cognitive and Behavioural training where REBT has formed a major component of the curriculum. You need to provide (copy) certificates from each of your training courses.Approved REBT Training courses are detailed on the AREBT website, [www.arebt.one](about:blank)

CBT Practice can contribute to your training hours, but you must have completed a REBT training course in addition to this.

**CRITERION 4:** You will need to explain how you are currently receiving Supervision. This may include group and peer supervision BUT it must be clear that you also receive regular individual supervision for your REBT practice. This should be individual supervision of 1.5 hours per month for full time practice, with a minimum of 1 hour per month. With regard to group supervision the following equation applies: for peer or group supervision a group of up to four can claim 50% of the time together. For groups of five or more the time needs to be divided equally.

You must provide a supervisor’s report on the form provided. This supervisor does NOT NEED to be an Accredited Supervisor BUT MUST BE an AREBT or BABCP Accredited Practitioner, or BABCP/BACP recognized supervisor, as well as sufficiently qualified and experienced in REBT/CBT to be able to reliably comment on the Supervisee’s current REBT/CBT practice. (This is at the professional discretion of the AREBT Board).

**Sustained Commitment to Continuing Professional Development and Clinical Supervision**

You must also sign a statement of intent to submit an application for continued representation on the Listing of Rational Emotive Behavioural (AREBT) Counsellors in 12 months, and to sustained commitment to the theory and practice of Rational Emotive Behavioural Therapy which includes Continuing Professional Development, and ongoing Clinical Supervision

**CRITERION 5:** You must also complete a Criminal, Civil, Investigatory and Disciplinary Declaration.

**CRITERION 6:** You must also acknowledge and confirm that you a fully paid up member of AREBT and adhere to AREBT Standards of Conduct, Performance and Ethics in the Practice of Rational Emotive Behavioural Therapy and are willing to be scrutinized in this adherence as required.

**CRITERION 7:**

**Additionally all AREBT members who practice therapy/supervision** must hold Professional Liability Insurance**.**

**GENERAL NOTES ON MAKING AN APPLICATION FOR LISTED AREBT COUNSELLOR STATUS**

1. Ensure you have the most up to date forms, information, criteria and guidelines as all applications must be presented on most up to date forms relating to Listed AREBT Counsellor Status. These forms include:

* **Criteria and Guidelines for Listed AREBT Counsellor Status Application -** *refer to these when completing the forms*
* **Minimum Training Standards –** *to clarify requirements of training and assist your application refer to the Training pages on the AREBT Website.*
* **Application for Listed AREBT Counsellor Status** *– you must complete ALL relevant sections of the form, and it should be signed within one month prior to receipt at the AREBT office (Currently forms are being accepted electronically).*
* **Supervisor’s Report** *– this must be completed by your current REBT/CBT clinical Supervisor. This document should be completed and signed within one month prior to your application submission and then be submitted with all other Listed AREBT Counsellor Application Forms.*

1. **Completing the forms**

* All forms should be typed in Word, not hand-written (this can be achieved by completing the forms on-line and printing off for signature). When submitting electronically, we only need a scan of the signature pages.(with the exception of the Supervisor Report)
* Do not provide original certificates, only send photocopies
* Attach additional sheets if needed.
* There is an enclosure check list at the end of the application form for you to indicate that all required fields of information have been included with the application
* Throughout this document you have a choice to either detail only REBT evidence of meeting the standards or provide REBT and CBT evidence.

**GUIDELINES FOR COMPLETING THE SECTIONS WITHIN THE APPLICATION FORM**

**Applicants Personal Details:**

**Private address:** Contact information provided will be used for all AREBT correspondence and the AREBT database will be updated with this information

**Practice Address***:* This address will be featured in the AREBT listing of AREBT Listed Counsellors available to the public, if you do not wish any address to feature on this listing, then write “Not Applicable” in practice address box.

You may also include a link to a website on this listing.

**Note:** If you do not wish to appear within the listing, you need to contact the AREBT to discuss this.

**CRITERION ONE: CORE PROFESSION ONLY (Not specialist REBT Training)**

**1a: Evidence of professional qualification:** Identify your main Core Profession from those listed by ticking the appropriate box. When completing this section, you need tick ONLY ONE of the Core Professions

**1b.** You now need to provide details of your Core Professional Training ONLY, Not specialist RECBT Training

Include your academic andprofessional qualifications

Provide evidence of your qualifications, for example, certificates

Provide copies, not originals

Label each training evidence document for easy reference, for example write

“1A”/1B etc. at the top of each document

**1c.**.Membership/Registration Number of Professional Bodies (including AREBT). You must already be, or become a Full Member in order to qualify for Listed AREBT Counsellor Status with the AREBT.

**CRITERION 2: Professional Accountability/Current Professional Practice**

You are required to provide details of **one year** of professional practice since qualifying in your core professional training during which you actively engaged in ‘accountability’ i.e. “required to account for one’s professional conduct”, to a senior member of a relevant Core Profession.

Detail the name of your employer (can be paid or voluntary work within that employment) e.g. name of the person overseeing your practice; their position e.g. senior psychologist; practice manager; G.P.; Organization Line Manager.

For those only working in private practice only it is important to be able to evidence that since qualifying you have also worked in an environment where there are lines of accountability. Such accountability avenues could be as detailed above, additionally any referrals from health providers such as BUPA; AXA; PPP or EAP’s or voluntary organizations such as Mind would count. If none of these were applicable you could consider undertaking some voluntary work.

**CRITERION 2: CURRENT Professional Practice**

In order to be eligible for Listed AREBT Counsellor Status with AREBT more than 50% of your clinical practice must be REBT/CBT lead and be currently practiced in the UK.

Give details of the **last year** of all of your practice, employment and working roles/s (which may include time undergoing training); this will provide AREBT with an overall sense of the context within which you are practicing REBT/CBT

**CRITERION THREE - SPECIALIST Rational Emotive Behavioural TRAINING ONLY**

**GUIDELINES**

You must evidence how you have met the Training Standards for the Practice of REBT. These standards are the minimum level of training, experience and practice that must be evidenced for listed status.

You may have had extensive training in CBT or in other forms of psychotherapy, but you do need to evidence additional REBT training to qualify for Listed AREBT Counsellor status.

Please refer to the website for details of current approved training in REBT.

If your training is not represented here, this does not mean that you do not qualify for Listed AREBT Counsellor status, but you will need to demonstrate this by enclosing more detail about your training course, including a full course curriculum

If this is the case or if you are unsure whether your course meets our standards, then. before making your application please contact the AREBT office for further information.

There are a number of ways applicants will have individually met the Minimum Training Standards, some through a number of different training courses and experience and others through a single training course,

Qualification Certificates provide evidence of having successfully completed the training, however evidence of how you meet the Training Standards requires you to not only indicate on the title of the course/module/lecture undertaken and number of theory and skill hours involved, but if your course is not on the list of approved training (on our website) then it additionally requires you to present within an appendix, back up evidence of relevant detailed course curricula of how this specific training contributed to the Training Standards.

**CRITERION 3a: REBT/CBT recognized SPECIALIST training ONLY**

If you have completed a significant REB/CBT training course, include it here. Courses entered in this section should have worked to a specified curriculum, and will have involved formal assessment, for example marked assignments

Include course title or name of the qualification, and the awarding body or institution. State the number of hours as stated in the curriculum for this training, breaking down theory and skills where possible; prescribed notional self-directed study should be added to taught theory hours

**CRITERION 3b– Other Training & Experience**

This section asks you to detail any other specialist REBT/CBT training and experience which contributes to you meeting the Minimum Training standards

**Notes:** Include any workshops, conferences, placements, REB/CBT development activity. Give details as requested, including the title of the course or workshop, or the kind of activity undertaken, the trainer, lecturer or placement supervisor, and the organizing body. State the number of hours that have been undertaken for this activity, breaking out theory and skills where possible. Here is an example:

**Dates Title & Trainer / Lecturer Organizing No. Hrs No. Hrs Evidence Labelled**

**From** **& To Type of Activity Placement Supervisor Body Theory Skills Enclosed as**

Jan 2007 CBT for Anxiety Christine Padesky INCA 4 3 3d3

Disorders

July 2019 BABCP annual various symposiums BABCP 10 4 3d4

Conference

Dec 2019 AREBT annual various symposiums AREBT 3 3 3d1

Conference

Provide evidence of your attendance, for example: with a certificate, placement records, agendas or minutes. Provide copies, not originals and remember to label the document/s for ease of reference, for example write “3d1” at the top of the page

**CRITERION 4a: REBT/CBT SPECIALIST CLINICAL SUPERVISION YOU HAVE RECEIVED**

On the forms you are required to provide detailed session by session REBT/CBT Clinical Supervision records for the past 12 months

REB/CBT Clinical Supervision is not the same as professional or managerial supervision (although these may be provided by the same person as Clinical Supervision). Additionally, it should be noted that Clinical Supervision is something more than professional consultancy

Supervision should be provided by an appropriately qualified AREBT/BABCP Accredited Practitioner (or equivalent) or Supervisor.

Applicants should be receiving regular Supervision, which is taken to mean one and a half hours per month for a full-time case load (with a minimum of one hour per month). For those working less than half time in clinical work, the Committee will be flexible in consideration of the Supervision time required. This is evaluated on an individual basis.

All time spent in group supervision will count with the provisos that the group must be no more than six members, all group members must present their own material regularly, and the applicant member must ensure they have access to individual Supervision should it be needed e.g. advice in a crisis situation. However, the minimum of one and a half hours of group supervision alone would not be sufficient for a full-time experienced clinician.

Types of Supervision may be individual; in a REBT/CBT Supervision group; peer review; by video conference, telephone; or by e-mail (but not telephone or e-mail alone – there must be some direct personal contact on occasions: which should be face to face). Virtual tele-conferencing is accepted as face to face supervision.

You are required to give details as requested, including date/s of Supervision contact; whether individual, group or peer; name of the Supervisor or members of the group, including facilitator; duration of the contact; details of content of the Supervision, and methods used

**Notes:**

Content of Supervision refers to the kind of material reviewed, including case reviews and discussions, techniques, skills, practice, theory, etc.

Methods of Supervision refers to the way the supervision is undertaken, including face to face/remote teleconferencing or telephone supervision.

**CRITERION 4b**: **It is essential to provide a Supervisor’s Report from your current supervisor (and your previous supervisor if supervision has been for less than 6 months).**

**Notes:**

The Supervisor’s Report must be from your current REBT/CBT Clinical Supervisor.

If you have been receiving Clinical Supervision from your current Supervisor for less than six months, you must also provide a Supervisor’s Report from your previous Supervisor.

You are responsible for obtaining the Supervisor’s Report and and including this with your application.

The Supervisor’s Report should be typed, not handwritten. The Supervisor’s Report should be signed and dated within the last month.

Evidence of good practice will be assessed on the basis of the Supervisor’s Report These include:

* details of the hours and frequency of supervision
* the applicant’s general competency, skills and attitudes to practice REBT/CBT
* the applicant’s adherence to the Standards of Conduct, Performance and Ethics in the Practice of REBT and CBT

The choice of current REBT/CBT Supervisor is with the applicant. However, the Committee will wish to see evidence of the Supervisor’s competence to offer REBT/CBT Supervision. Supervisors will either be Accredited Practitioners or supervisors with AREBT/BABCP or BACP recognized supervisors, or will be senior professionals who have training and qualifications in REBT/CBT, and will be practicing REBT/CBT.

SUSTAINED COMMITMENT

Listed AREBT Counsellor status needs to be renewed on an annual basis. Each year you will be required to complete a self-declaration, re-stating your commitment to

25 hours of Continuing Professional Development, and regular supervision as per the AREBT’s guidance.

You must also undertake regular live assessment of your practice as part of your supervision arrangements.

A regular audit will take place of selected applicants. Under this audit process, you may be required to submit records of your supervision and your CPD and a Supervisor’s Report.

**CRITERION FIVE** – **Criminal; Civil; Investigatory & Disciplinary Declarations**

This section requires you to answer truthfully the six questions detailed on the Application Form.

If you indicate yes to any question, you must declare the details on a separate signed statement and enclose with your application; you may wish to discuss this with AREBT in advance. This information will be handled with discretion and you may include your statement in a sealed envelope. When sending an application by email, you may include this statement in a password protected attachment.

**CRITERION SIX:** Adhere to AREBT standards of conduct, Performance and Ethics in the Practice of Rational Emotive Behavioural and Cognitive Behavioural therapies, and be willing to be scrutinized in this adherence as required.

**CRITERION SEVEN: Additionally** all AREBT members in practice as a REBT Therapist must provide evidence that they are covered by Professional Liability insurance.

**The Administration team formally notifies the applicant of their success by letter or email (as appropriate).**

Any queries regarding these guide-lines or the forms themselves contact: admin@arebt.one.

**COMPILED BY DENISE CHRISTY, ACCREDITATION AND REGISTRATION DIRECTOR, AREBT – March 2021**