British Association for Behavioural & Cognitive Psychotherapies (BABCP)

Annual Conference: July 2022

Clinical Roundtable

Perspectives on CBT training: What can we learn from the past as we head into the future?

Training in CBT has evolved considerably since its early days and much has been achieved. For some years now the BABCP has set standards and accredited courses throughout the UK and Ireland and offers a range of levels and types of accreditation as practice has evolved to meet the needs of diverse client groups. Yet, significant challenges lie ahead. The consequences of a global pandemic, climate change, economic crisis, inequality and now the war in the Ukraine all have implications for the nation’s mental health and therefore, the knowledge and skills needed of the CBT workforce. How do we train people optimally to respond to the challenges of such a rapidly changing world? What have we learned from how we have delivered training in the past that might equip us for the future? This Clinical Roundtable explores where we have come from, where we are headed and how best we can deliver CBT training for the workforces of the future.

Chair: Sarah Corrie

Panel Members: Katrina Lovell, Helen Macdonald, Isaac Marks, Stirling Moorey