



# Snapshot: The Cognitive and Behavioural Therapy (CBT) Register UK



accredited register

## Accreditation decision

### ACTIVITIES & ACTIONS SHOWING HOW THE CBT REGISTER (BABCP AND AREBT) ARE MEETING THE STANDARDS FOR ACCREDITED REGISTERS

We have accredited the CBT Register UK, the first co-managed Accredited Register in the programme. The Register is managed by the British Association for Behavioural & Cognitive Psychotherapies (BABCP) and the Association for Rational Emotive Behaviour Therapy (AREBT). For ease of reference, we will refer mainly to the CBT Register along with BABCP and AREBT where necessary for clarification/context. The BABCP and the AREBT worked together to develop the CBT Register for practitioners offering cognitive and behavioural therapy in the UK. The Register also includes Evidence Based Parent Trainers and Wellbeing Practitioners in the UK who are registered through the BABCP. The roles on the Register can be found in a variety of settings including the NHS, private healthcare, social care, education settings and private practice.

26

accredited registers

60

occupations

118k

practitioners

#### ► Commitment to protecting the public/promoting confidence

The BABCP/AREBT demonstrates its commitment to protecting the public and promoting confidence in the wider psychological workforce through requirements set out in the BABCP's [Standards of Conduct, Performance and Ethics](#) and the AREBT's [Code of Ethics and Standards of Practice](#). All registrants must meet the BABCP/AREBT' education and training standards and complete the required Continuing Professional Development (CPD). The Register is overseen by the Practitioner Accreditation Committee (PAC) which ensures there is appropriate separation between the Register and the membership functions.

#### ► Managing risk

The Register includes wellbeing practitioner roles such as Psychological Wellbeing Practitioners (PWP), Children's Wellbeing Practitioners (CWP) and Education Mental Health Practitioners (EMHP).

#### KEY STATISTICS

The CBT Register (BABCP/AREBT) covers practitioners working in the UK.

- The CBT registers:
  - CBT practitioners
  - Evidence-based Parent Trainers (EBPT)
  - Wellbeing Practitioners, including - Psychological Wellbeing Practitioners (PWP), Children's Wellbeing Practitioners (CWP), Education Mental Health Practitioners (EMHP)
- There are 12,856 registrants on the CBT Register (as at 4 April 2023)
- Met 11/11 Standards
- First accredited in July 2023



## ACTIVITIES/ACTIONS SHOWING HOW THE CBT REGISTER UK (BABCP/AREBT) IS MEETING THE STANDARDS FOR ACCREDITED REGISTERS

The activities of these practitioners are aimed at service users seeking treatment for minor to moderate psychological issues. These roles form part of the NHS Talking Therapies for anxiety and depression programme offering 'low intensity' psychological interventions, such as group-based therapy as part of the 'stepped care' approach.

A 'stepped care' approach means people are treated first with a low intensity intervention such as those offered by the wellbeing practitioners on the CBT Register. Those individuals who do not fully recover at this level are 'stepped up' to higher-intensity treatments such as those offered by the CBT practitioners on the Register. We considered potential risks arising from the practice of these practitioners such as not having appropriate safeguarding in place, or that individuals will not be 'stepped up' to specialist care due to misdiagnosis. The BABCP/AREBT identified these risks and put appropriate mitigations in place. We noted that some CBT practitioners will be self-employed working in private practice and that there may be additional risks for this group including those related to advertising. BABCP/AREBT include relevant requirements within their respective Codes and is developing a mechanism for monitoring compliance with this requirement.

### ► Governance

The management and administration of the CBT Register falls to the BABCP. This is laid out in a collaboration agreement between the two organisations.

The CBT Register is overseen by the Practitioner Accreditation Committee (PAC). The Committee consists of 10 people, one of whom must be a representative from the AREBT. There is one person with lived experience of the types of conditions seen

## 2023 initial accreditation

1

Condition

10

Recommendations

### CONDITION:

We issued **one Condition** relating to complaints handling.

- The BABCP/AREBT should inform the Accreditation team when there is a hearing using the new complaints process so that we can observe.

Remember to use our **Check-a-Practitioner** tool to check and choose practitioners on Accredited Registers

by practitioners, one lay person and a wellbeing practitioner representative on the Committee. This Committee reports to the BABCP Board of Trustees and the AREBT representative feeds back any relevant decisions to the AREBT Board of Directors. This group does not have any responsibility for membership functions for either organisation.



## ACTIVITIES/ACTIONS HOW THE CBT REGISTER UK (BABCP/AREBT) IS MEETING THE STANDARDS FOR ACCREDITED REGISTERS (CONT)

### ► Handling complaints and concerns

All complaints about registrants on the CBT Register will be handled through the [BABCP's complaints procedure](#). There are several panels within the complaints process, each of which consists of a lay chair, a practitioner and one other person who may be either lay or professional.

The new complaints procedure includes provision for consensual disposal, interim orders and holding adjudication hearings in different formats. Sanctions issued will be published on the BABCP website and annotated on the Register.

The BABCP/AREBT produced [a plain English guide](#) to the complaints process making the process more accessible to a wider audience.



### Find out more about:

- Find out more or check the CBT Register
- Find out more about BABCP
- Find out more about AREBT
- the Accredited Registers programme
- the Standards for Accredited Registers

### Positive findings showing how The CBT Register (BABCP/AREBT) is meeting the Standards

- The BABCP/AREBT's redeveloped complaints processes provide a robust process for handling complaints against registrants on the CBT Register.
- The BABCP/AREBT has made its complaints process transparent and accessible through the development of easy-to-read guides which are published on the BABCP website.
- The BABCP/AREBT has demonstrated its commitment to Equality, Diversity, and Inclusion (EDI) through the publication of web statements and the BABCP's EDI action plan.

You can find more details of how CBT Register (BABCP/AREBT) met the Standards for Accredited Registers in its [Initial Accreditation Decision](#).