



Simply Effective CBT Supervision

Michael J. Scott

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CBT is the most widely endorsed Evidence Based Treatment (EBT) for psychological disorders. This innovative volume exclusively addresses CBT Supervision, which plays a vital role in the translation of CBT from an EBT to routine practise.

Supervision requires a combination of knowledge and skill – the knowledge of the appropriate CBT protocol for the situation and the skill to equip the practitioner with the competencies to deliver these protocols in the context in which they are operating. In *Simply Effective CBT Supervision*, **Michael J. Scott** provides a unique guide to the particular skills necessary to monitor the fidelity and competence with which an EBT is implemented. There is an emphasis throughout on the importance of experiential learning, with detailed transcripts of supervisor-supervisee conversations, a focus on group supervision and the management of group processes. The power differential between supervisor and supervisee is acknowledged and addressed with guidelines and safeguards that will ensure that client needs can be addressed in a spirit of collaborative empiricism, and the text also covers the importance of matching the supervisor and supervisee. The book also incorporates downloadable worksheets for supervisor and supervisee.

Covering the skills necessary to be an effective CBT supervisor, this is the ideal book for current and prospective CBT supervisors looking to extend their knowledge base.

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