**CAT Supervisor Training – Overview**

**For use in association with the Catalyse Supervisor training workshop[[1]](#footnote-1)**

The usual pathway for training as a CAT supervisor is that

* You will be a CAT Practitioner with 2 years post accreditation experience or a CAT Psychotherapist
* You will have completed a minimum of 16 CAT cases under supervision.

The training is an apprenticeship model through which you are supported by a Senior Supervisor as you work through a number of components. Before you start training you will need to

* Identify a Senior Supervisor
* Make an application to begin ACAT Supervisor Training outlining your personal plan

Once approved you will work through two parts

* In Part 1 you would usually attend an ACAT Accredited Supervisor Training course.
* In Part 2 you run your own group under supervision
* You supplement this with additional components to support your training and meet your own learning needs

NB The full Supervisor Training handbook and all appendices can be downloaded from the ACAT website <https://www.acat.me.uk/page/cat+supervisor+training>.

The handbook contains guidelines for the training from the application and planning stage through to completion. It also includes all the forms and guidance that you will need along with the assessment and review process

Although this is the usual pathway for Supervisor Training, you may not be able to proceed in this way due to various factors, for example, you may attend an ACAT course (Part 1) prior to completing your 16 cases due to the timing of the course or because funding is available; you may choose to attend the Part 1 course purely as CPD, as you are not sure if you will apply to train as a Supervisor at that stage; there may be a delay setting up and running your own group so you cannot move straight from completion of the course (Part 1) to Part 2. Supervisor training may therefore run over a longer period of time and reflect a more varied route. These situations are discussed in the handbook but you can also contact to discuss your situation.

If you have any queries about Supervisor Training please contact the Vice Chair for Supervisor Training via ACAT office (email: [Admin@ACAT.me.uk](mailto:Admin@ACAT.me.uk) or [Maria.Cross@ACAT.me.uk](mailto:Maria.Cross@ACAT.me.uk))

**The Supervisor training pathway and components**

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| Entry Criteria to apply for ACAT supervisor training *See Handbook Section 3 for more information*   * 16 signed off CAT cases – 8 from practitioner training and 8 subsequent cases * 2 years post accreditation as a CAT Practitioner * Prior knowledge, skills and experience of offering clinical supervision |

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| Preparation *See Handbook Section 4*   * Identify a Senior Supervisor * Prepare your application and plan your training in consultation with your Senior Supervisor * Submit your application signed by your Senior Supervisor with two references and fee |

***Once approved you proceed through Part 1 and Part 2***

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| Part 1 *See Handbook Section 5*   * Attend an ACAT accredited 2.5 days supervisor training course - mandatory   *A skills and experiential training, currently offered in two locations each year.*  *NB Although it is recommended that you attend this course when you are ready to apply or are accepted, some people do this course whilst completing their latter 8 cases as part of deciding to train as a CAT supervisor.*   * You are encouraged to seek opportunities to sit in and observe your Senior Supervisor and other supervisors during this period * Written assignment – Reflective Statement Part 1 (Shared with your Senior Supervisor) * Interim Report by Senior Supervisor |

***NB Part 1 must be completed before you start Part 2.***

***Once you have applied and started Part 1, you need to complete this and move to Part 2 in a timely way. If Part 2 is significantly delayed, e.g. >2 years, you may need to redo Part 1 so your learning is up to date.***

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| Part 2 Clinical Practice *See Handbook Section 6*   * Set up and run your own supervision group * Discussing your supervision of the group with your Senior Supervisor: ‘Supervision of Supervision’ |

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| Further Learning *See Handbook Section 7*  To add to your learning, across both phases of the training you may arrange additional   * Knowledge and Skills training (workshops, reading/personal study) * Clinical practice opportunities that you identified in your training application to meet your learning objectives, supported by your Senior Supervisor |

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| Evaluation & Accreditation *See Handbook Section 8*   * Evaluation and Sign off by the Senior Supervisor using the Competences portfolio * Written assignment – Reflective Statement Part 2 (Submitted) * Application for accreditation (Submitted) |

*Timescale: An expected timescale from Application for Training to Application for Accreditation if you do the ACAT course at Part 1 is 1-2 years. Delays may occur, especially in setting up your own group and running this for the necessary time period. Outline any anticipated delays in your Interim Report submitted after Part 1. You can seek an extension if you anticipate training going beyond the expected timescale.*

1. These notes are reproduced from pages 1 and 4 of the ACAT supervisor training handbook as an overview for those considering attending the 2 day workshop offered by Catalyse that fulfils Part 1 training [↑](#footnote-ref-1)