

## Quick View: CAT Modular Supervisor Training

Trainees are asked to keep a portfolio of learning goals and competences achieved throughout the process of training and this will be submitted at the conclusion of the training. Please see appendix 9: Supervisor Competences Framework/Portfolio or [CAT Supervisor Training | ACAT](#)

NB ACAT CAT Psychotherapy training fulfils modules 4-6. CAT Psychotherapists wishing to train as an ACAT accredited supervisor are required to complete only Modules 1-3 and submit a reflective statement

### **MODULE 1 Prior knowledge, skills and experience of offering clinical supervision**

Reflect on your readiness for CAT supervisor training, evidence of relevant generic therapeutic supervision competences and ability to form and maintain a supervisory alliance (e.g. from NHS or other clinical or therapeutic work role) together with specific knowledge and skills in supervision and of models of supervision, e.g. Shohet & Hawkins, Heron, Seigel and ability to demonstrate awareness of issues of equality, diversity and inclusivity and relevance to the supervisory relationship and context. (equivalence of 3 days)

Prospective apprentice supervisors will need to source a suitable training programme if they are unable to demonstrate generic basic competence in supervision before applying to Module 2.

### **MODULE 2 ACAT accredited Relational Skills Supervisor Training Course**

NB: Delegate fee payable to course provider. Please apply for courses via the ACAT website when available

Apply to and attend the taught component ACAT accredited course in Relational Skills Training. This course emphasises the relational approach to CAT supervision and challenges in supervision with experiential learning. Attend a tutorial with Vice Chair for Supervisor Training to discuss your supervisor training journey. (3 days)

Task: Write a reflective piece on your learning process guided by the course. Share with your senior supervisor to identify your learning needs to be addressed during your training, using the supervisor competences framework

Before embarking on Module 3 you will need to have

- completed 16 supervised CAT cases.
- identified a CAT senior supervisor to support you through the rest of your training
- submitted your application to ACAT to continue your apprenticeship supervisor training.
- paid the training fee of £350 to ACAT.

### **MODULE 3 Set up and run your own supervision group**

Set up and run a weekly 1.5hr supervision group for a minimum of 6 months, with 2-3 group members, supervising 3 to 6 complete CAT cases under the supervision of your senior supervisor. Meet with senior supervisor for a minimum of 1hr per month (remote or face-to-face). Use of direct observation (audio recording). (6hrs+ / 1 day)

Task: Use of supervisor self-evaluation sheets and supervisee feedback sheets (appendix 5) and add to your portfolio

### **MODULE 4 Further learning and development**

Further development of CAT specific supervision skills and managing ethical and clinical challenges through attendance at supervision skills-focused workshops and webinars, e.g. managing ruptures in the supervisory relationship; addressing equality, diversity and inclusivity in supervision; remote supervision; mapping the supervision process; using the microcosm in supervision. (3-4 days)

Task: include your learning goals and outcomes to your portfolio

### **MODULE 5 (recommended) ACAT Trainers' and Supervisors' Event**

Attendance at least one ACAT Trainers' and Supervisors' Event to introduce the collegiate aspect of the role and responsibilities of being a CAT supervisor within the organization of ACAT. (1.5 day)

Task: Include your learning goals and outcomes to your portfolio

### **MODULE 6 (recommended) The "Healthy Supervisor" CPD Day**

Attendance at "The Healthy Supervisor" CPD Day, which will focus on relational skills, self as supervisor and supervisor meta-competences. (1 day)

Task: Include your learning goals and outcomes to your portfolio.

### **FINAL ACCREDITATION PROCESS**

Submission of assessed assignment: 4000 words: "Reflections on my development as a CAT supervisor."

(Please see the Appendix 7 for assignment details and marking guidelines).

Appraisal of competences portfolio with senior supervisor, signed by trainee supervisor and senior supervisor.

Submission of accreditation application form to ACAT Vice Chair for Supervisor Training.