

## HEENW CT Psychotherapy Requirements Guidance

### 1) Balint (Case Based Discussion) Groups:

This would usually be minimum attendance in 25 sessions in CT1/CT2. But some trainees may be asked to attend longer, if they have not achieved satisfactory competencies across all areas of the CBDGA.

**WPBAs Requirement:** Two CBDGAs in total. One CBDGA assessment every 6 months until they are signed-off from the Balint group.

### 2) Short Psychotherapy Case:

This would usually be a minimum of 12 sessions. But there would be flexibility with the number of sessions, if the trainee has demonstrated satisfactory competencies across all areas of the SAPE (including 'ending' work)

**WPBAs Requirement:** One SAPE and one PACE

### 3) Long Psychotherapy Case:

This would usually be a minimum of 20 sessions. But there would be flexibility with the number of sessions, if the trainee has demonstrated satisfactory competencies across all areas of the SAPE (including 'ending' work)

There is no stipulation for a specific duration of therapy. Trainees usually require at least 9 months to complete the 20 sessions due to their other commitments. However, this is not a mandatory duration.

**WPBAs Requirement:** Two SAPEs and one PACE

### 4) Other Aspects:

There is agreement that some form of preparatory work is required for the trainees to learn the relevant skills before they take up individual therapy cases. The preparation training varies between Trusts with some Trusts offering this informally within supervision groups and others offering specific CBT and psychodynamic skills courses. But these specific courses are not mandatory to attend.

The duration of the preparation work may differ for each trainee, depending on their demonstration of the 'readiness' to take up individual cases.