



# TEXAS DEPARTMENT OF STATE HEALTH SERVICES

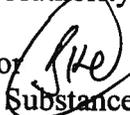
KIRK COLE  
INTERIM COMMISSIONER

P.O. Box 149347  
Austin, Texas 78714-9347  
1-888-963-7111  
TTY: 1-800-735-2989  
www.dshs.state.tx.us

***Broadcast BHP MSG# 181 Revised***

April 1, 2015

To: Executive Directors, Community MHMR Centers  
Behavioral Health Directors, Community MHMR Centers  
Executive Director, Texas Council of Community MHMR Centers  
North Texas Behavioral Health Authority (NTBHA)

From: Trina K. Ita, MA, LPC - Director   
Community Mental Health and Substance Abuse Division, Program Services Section II

Re: Supervision of Individuals Seeking Competency to Provide Cognitive Behavioral Therapy

## **Purpose**

The Department of State Health (DSHS) would like to provide clarification regarding the Supervision section of Information Item A, the Cognitive Behavioral Therapy (CBT) Competency Policy. DSHS is referring to Supervision as it relates to this policy. This policy is not intended to address supervision as it relates to the various licensing requirements.

## **Supervision of CBT Competency Candidates**

Section E; *Supervisors of the Cognitive Behavioral Therapy Competency Policy*, outlines options for fulfilling the training requirements necessary to provide supervision to practitioners seeking competency. Below are the requirements for individuals providing supervision:

### 1. Supervisors must have:

- Viewed the webinar 'Demystifying the Tape Rating Process' *or*
- Viewed the training video 'Cognitive Therapy Rating Scale (CTRS) Adherence Workshop'

### In addition, meet one of the following requirements:

- Supervisors must have attended the 3-day training in CBT by Dr. Basco or a Dr. Basco trainer; *or*
- Supervisors must be trained in CBT by the Beck Institute, the REACH Institute, or The Academy of Cognitive Therapy. *or*
- Supervisors must have attended a CBT training hosted by The Centralized Training Infrastructure for Evidence-based Practices (CTI-EBP).

NOTE: Supervisors may substitute the above requirement(s) by passing the competency review or if they meet any of the grandfathering requirements described below, then he or she has fulfilled the training requirements outlined in this section.

Included below is Section D of the policy on Grandfathering.

**D. Grandfathering**

Grandfathering is permitted if there is documentation of any one of the following:

1. Any practitioner that has been trained as a **trainer** by Dr. Monica Basco. *Please note that practitioners that attended the CBT training workshops with Dr. Basco in the past do not meet this requirement. You must have been trained as a trainer in order to be grandfathered.*
2. Any practitioner that has been certified by the Academy of Cognitive Therapy.
3. Any practitioner that has been certified as a trainer by the REACH Institute.

We hope this clarifies the competency supervision section of this policy. DSHS will be revising Information Item A in a future amendment to reflect this above information. If you have questions regarding the qualifications to supervise an individual seeking competency in providing CBT or would like further information, please contact Reese Carroll at [Reese.Carroll@dshs.state.tx.us](mailto:Reese.Carroll@dshs.state.tx.us) or 512.206.5332.