



## TEXAS DEPARTMENT OF STATE HEALTH SERVICES

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### **Broadcast MSG BHP #92**

March 10th, 2013

To: Mental Health Directors  
Local Mental Health Authorities (LMHAs)

From: Ross Robinson, Director  
Community Mental Health and Substance Abuse Division, Program Services *Z 3*  
*WJ*

Re: Update Regarding CBT Requirements

The Department of State Health Services (DSHS) is providing updated information on the Cognitive Behavioral Therapy (CBT) Competency Policy (Attachment 1) that accompanied the Resiliency and Disease Management (RDM) Broadcast dated August 17<sup>th</sup>, 2012. Also included is a tip sheet (Attachment 2) that outlines steps to be taken that may aid in preparing for the CBT competency review as described in Attachment 1.

The updated competency policy for CBT clarifies and addresses expectations for:

- Existing Staff & New Hires
- Staff with Temporary Licenses
- Training & Supervision
- Grandfathering
- Supervisors
- Fidelity

This CBT Competency Policy document is intended to clearly define expectations, timelines, and contact information for agencies to begin preparing staff to fulfill this requirement. In addition, it replaces previous CBT requirements directed by DSHS in 'Texas Department of State Health Services Cognitive Behavioral Therapy Training Guidelines Local Certified Cognitive Behavioral Therapy Trainers Adult Depression Protocol and the DSHS CBT Fidelity Instrument'. If you have not already done so, you are encouraged to begin working with the endorsed agencies (Academy of Cognitive Therapy, Beck Institute, and REACH Institute) to have your clinicians' tapes reviewed.

If you have any additional questions or concerns please contact Trina Ita at 512.206.5081 or [Trina.ita@dshs.state.tx.us](mailto:Trina.ita@dshs.state.tx.us).