



CBT Supervision

Sarah Corrie, David A Lane

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What is good CBT supervision? What makes an effective supervisor? How can qualified CBT therapists learn to become good CBT supervisors who work effectively with their supervisees?

These are some of the questions addressed in this practical new book, examining what it takes to be a competent and confident CBT supervisor. Using the authors' unique framework of learning – the PURE Supervision Flower – the book equips trainees with the skills and competencies needed to **prepare for, undertake, refine and enhance** supervision practice across a wide range of settings.

Structured around the PURE Supervision Flower, the book is divided into four parts:

Preparing for Supervision explores how to establish an effective and ethical base from which supervision can occur

Undertaking Supervision focuses on the practical delivery of CBT Supervision

Refining Supervision offers insights into managing the supervisory process and relationship

Enhancing Supervision hones competencies by considering complex ethical challenges and CPD.

Packed with activities, tips, case studies and reflective questions to help consolidate learning, this is essential reading for CBT practitioners training in and already providing supervision across a range of settings.

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