

Table 1: General CBT Competencies

Engagement	<ul style="list-style-type: none"> * Demonstration of warmth and caring * Ability to listen to, and accurately reflect, client experience * Recognition and communication of client strengths * Ability to recognize and repair ruptures in alliance
Collaboration	<ul style="list-style-type: none"> * Working collaboratively with clients to set agenda, to explore experience in session, and to select appropriate homework * Soliciting of feedback from clients
Exploration	<ul style="list-style-type: none"> * Exploration of client experience in nonjudgmental manner * Emphasis on collaborative empiricism * Use of Socratic questioning
Agenda and Pacing	<ul style="list-style-type: none"> * Identification of appropriate targets for intervention * Ability to prioritize items on agenda * Use of appropriate pacing for different agenda items and interventions * Ability to summarize key points, summarize sessions, and bridge from one session to the next
Homework	<ul style="list-style-type: none"> * Working collaboratively to set appropriate homework * Checking in on homework completed in between sessions * Addressing and trouble shooting barriers to homework completion
Assessment and Formulation	<ul style="list-style-type: none"> * Understanding of cognitive formulation of client difficulties * Awareness of predisposing, precipitating, perpetuating and protective factors * Awareness of different levels of cognitions (e.g., core beliefs vs. automatic thoughts) * Awareness of maintaining factors (e.g., the role of behavioral avoidance or safety behaviors) * Consideration of cultural factors that influence one's world views * Ability to conduct a comprehensive assessment in order to gather information about all of the above * Ability to conduct a thorough risk assessment as necessary * Ability to communicate formulations to clients in a clear and understandable manner
Treatment Planning	<ul style="list-style-type: none"> * Awareness of formulation and treatment planning guidelines for a variety of common mood and anxiety disorders (e.g., depression, social phobia, panic disorder, generalized anxiety disorder) * Ability to develop an individualized treatment plan based on consideration of client goals and comorbidities

<p>Selection and Application of CBT Skills</p>	<ul style="list-style-type: none">* Competence in a variety of CBT skills and strategies, including:<ul style="list-style-type: none">Provision of psychoeducationActivity SchedulingSelf-monitoring (e.g., moods, thoughts, behaviors)Goal settingProblem SolvingRelaxation Skills (e.g., breathing, progressive muscle relaxation, guided imagery)Cognitive Restructuring Techniques<ul style="list-style-type: none">Thought Records/Examining the EvidenceGenerating Alternative ExplanationsDiscussion of Cognitive ErrorsBehavioral ExperimentsExposure/Reducing AvoidanceRole Play/Skills PracticeAssertive Communication Skills TrainingModifying Core BeliefsRelapse Prevention
--	--