



Becoming A Facilitator FAQ

Who are the CBT Skills Group facilitators and how are they trained?

The CBT Skills Group facilitators are psychiatrists and family physicians who have been trained to offer the CBT Skills curriculum in a group medical visit setting. One or more experienced psychiatrists train local family physicians who are interested to offer this service to their community. There are four phases of the training:

1. The family physician participates in a group facilitated by a family physician or psychiatrist facilitator. This is usually conducted in an all-physician group hosted by UBC-CPD, though may also be by the physician joining a patient group as an observer-participant.
2. The family physician co-facilitates an 8-week series group in a minor role with a family physician or psychiatrist facilitator.
3. The family physician co-facilitates an 8-week series group in a major role with a psychiatrist
4. The family physician solo-facilitates five groups with patient outcome data and feedback analyzed.

This training program was designed for family physicians. We are currently exploring training options for mental health professionals (e.g., counsellors, social workers).

What is the training composed of?

Training currently involves participation at various levels, with training and mentorship provided by a psychiatrist. Depending on your level of interest and future plans, the following provides an approximation of the time you can expect to dedicate:

- Phase I (observer-participant) – 1 series of eight 90-120 minute weekly group sessions with minimal preparation required
- Phase II (co-facilitation minor) – 1 series of eight 90-120 minute weekly group sessions; some pre-group preparation required, depending on your background knowledge and skills, pre-group preparation may take 2-5 hours a week
- Phase III (co-facilitation major) – 1 or more series of eight 90-120 minute weekly group sessions; depending on your background knowledge and skills, pre-group preparation may take 3-10 hours a week
- Phase IV (solo-facilitation) – 5 series of eight 90-120 minute weekly group sessions;

- 8-10 hours per week for preparation for the first two solo groups 1 hour per week for preparation for remaining and subsequent groups
- Note that Shared Care provides funding for a small portion of these training hours. Rural physicians may be remunerated for additional hours. The time commitment for this professional development is front-loaded and significant.

Is the facilitator training CME accredited?

The CBT Skills Group Training program is CME accredited. Family physician trainees are eligible for 3 Mainpro + credits per hour of training, up to a total of 156 credits.

What are the options for delivering the CBT Skills Group Program?

Once trained, facilitators can offer the service using three delivery models:

1. Provide the program to their own patient panel.
2. Partner with other family physicians in a group practice and offer the program to their patients.
3. Partner with other trained facilitators, their Division of Family Practice, and the CBT Skills Groups Society* to offer groups in their local community. This is the model for which we are currently recruiting in some communities, and is the most sustainable and cost-effective model.

The delivery model is dependent on the trained physicians, the needs of the community, partnership with the Division of Family Practice, and the size and geography of the community.

**Physicians are responsible for maintaining and storing their patient's medical records, completing their billing and paying administrative overhead related to the program.*