



The CBT Skills Groups Society Training Overview

As a trainee, you will progress through five phases of training to qualify as a CBT Skills Groups facilitator. Completion of training enables you to offer CBT Skills groups to patients using the CBT Skills workbook and facilitator guide, and qualifies you to offer Society-administered groups, if available.

Phases

Phase 1 Gaining personal experience with CBT Skills

You have already completed this phase through one of two routes (UBC CPD Physician Wellness group or patient group administered by the Society).

Phase 2 Co-facilitating in a minor role

For Phase 2 training, you will be co-facilitating an 8-week patient group in a minor role, with an experienced family physician or psychiatrist.

In addition to attending the weekly 90 – 105 min for group (length depends on your trainer), you will have a debriefing with your trainer once a week for up to 1 hour.

You will read the facilitator guide and use it to prep for your teaching. Prep for each session takes, on average, 1-3h a week.

Total time: 3.5 – 6h a week.

Phase 3 Co-facilitating in a major role – Trainees often do this over 1 or 2 group series

For Phase 3 training, you will be co-facilitating an 8-week patient group in a major role, with a psychiatrist.

In addition to attending the weekly 90-105 min for group, you will have a debriefing with your trainer once a week for 1 hour.

Prep for each session takes up to 5 hours on average.

Total time: 4 – 9 h a week.

Phase 4 Solo facilitation of five groups with outcomes measurement

Once you get to phase 4, you are essentially an independent practitioner with a new kind of practice. The main learning tasks are getting used to facilitating on your own, and learning how to run your "mini practice".

For Phase 4 training you will be solo facilitating your own groups and, if you run groups through the Society, learning about the logistics of that administration. Facilitators in urban settings will likely begin to run in-person groups at this stage, if feasible.

Starting your own "side practice" of CBT Skills groups involves some work at the front end to get set up so that your ultimate practice will be as streamlined as possible. The document you NEED



to read is the [Administrative Guide Nuts and Bolts](#) document, collected wisdom from those who have gone before.

Lisa Miller (facilitators@cbtskills.ca) is available to meet with you and is creating a video to show you the resources we've collectively put together so far about "how to" (expanding on the Nuts and Bolts document). This will be available, along with other valuable information, on the [facilitator portal](#) of the website. You will need to set up your own Zoom for HealthCare account (if you don't have one), billings, and documents storage system.

There is no formal meeting to mark the end of Phase 4, but you are invited to reflect on your learning and ongoing learning needs. You can voice these to the Society as needed by talking with the Facilitator Coordinator. The Training Committee will also review your outcomes and may touch base to ensure you feel ready to launch into further independent practice, or to suggest other kinds of specific supports to continue your learning. You can also contact a psychiatrist of your choice at any time during this phase, for consultation or support. If you need contact information, ask the Facilitator Coordinator.

Phase 5 Co-facilitation as an experienced facilitator

It is advised to do this co-facilitation as soon as possible after Phase 4, and definitely within a year. You will be emailed the psychiatrists' schedules to see if you can coordinate a co-facilitation. Also, many of our psychiatrists can flex their schedules with notice, so you can plan ahead with someone for a co-facilitation.