



# High Intensity CBT trainee interview tips

**Remember...** if you have been short listed you meet the requirements, so this is your opportunity to demonstrate this live. No one is trying to catch you out or want you to fail. The Course Director will want to recruit you so try not to overestimate the level of threat.

Make sure you are clear of the interview process in terms of any specific preparation they want you to do such as a case study, or role play. If you need a KSA portfolio this should be completed by interview. If it isn't then state this clearly and have a realistic time scale by which you can confidently complete it to the acceptable standard. Your place will be conditional on this passing.

The list below is not exhaustive and may not be covered in all interviews. Each course will have their specific approach, but there will be some general issues covered.

You should be able to:

- State clearly why you want to be a CBT therapist. What is it about CBT that interests you?
- Describe the role of the CBT therapist. List the features of CBT
- Reflect on some CBT literature you have read recently. Be able to name an article or book and describe what you learnt from it
- Give some examples from your own practice where you have either used CBT approaches or can see how CBT could be applied.
- List the NICE guidelines for each anxiety disorder and depression. See Roth and Pilling (2007) the competences required to deliver effective cognitive behavioural therapy for people with depression and with anxiety disorders  
<https://www.ucl.ac.uk/pals/research/clinical-educational-and-health-psychology/research-groups/core/competence-frameworks-2>
- Describe the course overview. Read some details of the course you are applying for. Be able to state some of the content or modules, and how it is taught
- Express a position on your own professional values. Ethical framework you follow and examples of any ethical dilemmas you have reconciled in your own clinical practice
- Answer a question on risk in clinical practice
- Have some questions prepared that you can ask the interview panel

## On the day

Stay calm by doing some grounding techniques. Keep in the present moment so that you can fully focus on the questions being asked. Think about your answer before rushing in.

Try and enjoy the experience

*Good luck!*

