



High Intensity CBT trainee personal statement tips

Remember... these places are very competitive so you need to stand out. This is your opportunity to show the Course team and Service Manager why you are suitable for a trainee position.

Before you start make sure you meet the requirements of the post. It will only waste your own time as it will be immediately filtered out.

These tips are general and not exhaustive. You should also be guided by any specific information in relation to the post you are applying for, such as person specification.

Your statement should:

- Not be too long and not too short. Although this sounds vague, it is important that you put what is necessary to show you meet the criteria and to introduce you as a person in a succinct and engaging manner. The recruiters will be reading many statements.
- Introduce yourself in a confident and interesting way
- State clearly why you want to be a CBT therapist. What is it about CBT that interests you?
- Show that you understand what CBT is and how you gained this knowledge
- Give some examples from your own practice where you have either used CBT approaches or can see how CBT could be applied
- Demonstrate your understanding of the trainee role and IAPT in general
- Demonstrate that you are able to manage the demands of the training
- If it is a course where you have to fund part of it, such as supervision, state clearly that you are aware of this and able to source the funding
- If you need a KSA portfolio, state that it is ready or will be by the interview date
- End with statement as to why you should be selected to make your statement memorable

There is a psychological phenomenon called the 'primacy' and 'recency' effect in terms of our memory - which means that the recruiter is likely to remember the start and the end of the statement most clearly, so make sure these two points make an impact.

Remember

If you are not successful, it is not necessarily a reflection of your suitability. They are popular posts so it is common to apply more than once before being shortlisted.

Good luck!

