

Let's talk about CBT career development

Introducing the ARD model

Dr Helen Moya

On average it takes 8 years to become an accredited CBT therapist in the UK.

Despite the ongoing growth of the CBT profession, there has been a lack of clear and consistent career advice or guidance. The **ARD model** provides a conceptual framework for CBT career development to **Attract, Retain & Develop** as CBT therapists, covering the whole journey from contemplation to developing a satisfying career. The model is aimed at individuals, clinical services & educators to grow & sustain the CBT workforce.



Dr Helen Moya
My Journey

CLICK HERE 

Helen Moya is an accredited cognitive behavioural therapist with over thirty years of experience in both clinical and academic roles within mental health and learning disabilities. She was Course Director on a CBT training programme, and has practiced CBT in different services and independently in her private practice, Moya CBT, where she offers CBT treatment for clients and career advice for those interested to become or develop as a CBT therapist.

REFERENCES & RESOURCES



CBT career vision guide to reflect on your journey so far & create your CBT career bucket list.

<https://www.moyacbt.co.uk/wp-content/uploads/2023/11/Moya-CBT-career-vision-guide.pdf>



Podcast with Sarah Rees on how to be a CBT therapist. Includes discussion of career pathways.

<https://sarahdrees.co.uk/episode-37-how-to-be-a-cbt-therapist/>



Details of my bespoke CBT career consultation services.

<https://www.moyacbt.co.uk/wp-content/uploads/2024/04/CBT-Career-Consultancy.pdf>



Article in CBT Today on introducing the ARD model in organisations (published December 2022).

https://drive.google.com/file/d/1tWD9dUP_nO926xFbk-Lf4e1wz-w_7UK/view?usp=sharing

