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## **Provision of NICE-Recommended Cognitive Behavioural Therapy (CBT)**

Under the Freedom of Information Act 2000, I would be grateful if you could provide the following information relating to the delivery of Cognitive Behavioural Therapy (CBT) within your Trust.

### **1. Practitioners Providing CBT**

- How many practitioners are currently providing NICE-recommended Cognitive Behavioural Therapy (CBT) within your Trust?
- Please provide a breakdown of these practitioners by:
  - Service area (e.g. Primary Care / Psychological Therapies, Community Mental Health Teams, Specialist Services, etc.)
  - Professional background (e.g. Clinical Psychologist, CBT Therapist, Nurse Therapist, Social Worker, etc.)

### **AMHIC – (Acute Mental Health Inpatient Centre)**

In terms of CBT, Psychology at AMHIC provides  
 CBT for common mental health problems (anxiety disorders 7 depression)  
 CBT for bipolar disorder  
 CBTp (CBT for Psychosis) for people troubled by psychosis  
 CBT & CBTp integrated with other therapeutic approaches in all of these instances when here is complexity and/or the person has not responded to CBT alone

**Number of practitioners offering CBT: 2**

**Service Area:** Acute Inpatient Adult Mental Health

**Professional background -** Clinical psychologists

### **CAMHS – (Child and Adolescent Mental Health Service)**

BHSCT provides community CAMHS services for both BHSCT and SEHSCT areas. CAMHS do not have any CBT specific posts but have a number of staff trained and delivering CBT.

Q1 and Q2 are answered in the below spreadsheet. 26 staff trained, 7 BABCP accredited with 1 staff currently undergoing accreditation. 5 staff currently completing PgCert CBT at Queens University.

<b>Team</b>	<b>Core Professional Background</b>	<b>CBT Training</b>	<b>Accreditation</b>
Step 2 Belfast	Nurse	Yes	No
Step 2 Belfast	Nurse	Yes	No
Step 2 Belfast	Nurse	Yes	No

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Step 2 Belfast	Nurse	currently completing PgCert CBT	No
Step 2 Belfast	Social worker	currently completing PgCert CBT	No
Step 3 Belfast	Social worker	Yes	Yes BABCP
Step 3 Belfast	Social worker	Yes	Yes BABCP
Step 3 Belfast	Social worker	Yes	No
Step 3 Belfast	Social worker	Yes	No
Step 3 Belfast	Nurse	Yes	No
Step 3 Belfast	Social worker	currently completing PgCert CBT	No
Step 3 Belfast	Clinical Psychologist	Yes PhD Clinical Psychology	No
Step 3 Belfast	Clinical Psychologist	Yes PhD Clinical Psychology	No
Step 2 SEHSCT	Nurse	Yes	Yes BABCP
Step 2 SEHSCT	Nurse	Yes	Yes BABCP
Step 2 SEHSCT	Social worker	Yes	Currently completing accreditation BABCP
Step 3 SEHSCT	Nurse	yes	Yes BABCP
Step 3 SEHSCT	Nurse	currently completing PgCert CBT	No
Step 3 SEHSCT	Clinical Psychologist	Yes PhD Clinical Psychology	No
Step 3 SEHSCT	Clinical Psychologist	Yes PhD Clinical Psychology	No
Eating Disorder Team	Social worker	Yes	Yes BABCP
Drug & Alcohol Team	Social worker	currently completing PgCert CBT	No
Regional Inpatient Unit	Clinical Psychologist	Yes PhD Clinical Psychology	No
Regional Inpatient Unit	Clinical Psychologist	Yes PhD Clinical Psychology	No
Crisi Team	Nurse	Yes	No
Youth Justice CAMHS	Nurse	Yes	Yes BABCP

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### **Mental Health CBT Service**

11 CBT practitioners

All staff are CBT Therapists. Core professions include nursing, social work, occupational therapy, and psychology.

### **Belfast Mental Health Trauma Team**

Within the Belfast Trust Mental Health Trauma Team there are 5 Therapists providing CBT

Four are fully accredited BABCP therapists and 1 HCPC accredited clinical psychologist providing CBT.

Professional backgrounds of BABCP accredited staff members include social work; Nursing and Psychological Wellbeing Practitioner (PWP).

## **2. BABCP Accreditation**

- Of the above practitioners, how many are fully accredited with the British Association for Behavioural and Cognitive Psychotherapies (BABCP)?

### **AMHIC**

None

### **CAMHS**

Answer above

### **Mental Health CBT Service**

10 out of 11 are fully accredited with BABCP.

### **Belfast Mental Health Trauma Team**

Answer above

## **3. Compliance with NICE Guidance**

- How does the Trust ensure compliance with NICE-recommended treatments for common and severe mental health problems, specifically in relation to the delivery of CBT?
- Please include any policies, clinical governance frameworks, or audit mechanisms used to monitor adherence to NICE guidance in this area.

### **AMHIC**

In AMHIC we make significant efforts to comply with the NICE guidelines for all common and severe mental health problems

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## **CAMHS**

All staff work in accordance with NICE guidelines and these are referred to when treating children and young people for a range of mental health issues. Compliance with this is monitored through operational, professional and CBT specific supervision. CBT trained staff have professional CBT supervision in place both as individual and also group supervision. Compliance is also monitored through our regular divisional governance meetings and audits are completed specifically in relation to NICE guidelines as required regarding this.

## **Mental Health CBT Service**

All staff receive monthly supervision.  
The service has weekly team meetings which include case discussions/formulations/treatment.  
Staff attend regular CPD which include BABCP training workshops and webinars with sharing of learning and information within in the team.  
Audit of treatment documentation.  
Implementation of quality improvement initiatives adhering to NICE guidelines.

## **Belfast Mental Health Trauma Team**

The Belfast Trust Mental Health Trauma Team forms part of the wider Regional Trauma Network and strives to promote evidence-based therapies to improve outcomes for patients with troubles related trauma. In doing so we are guided by up-to-date scientific research and NICE recommendations. To ensure compliance with NICE recommended treatments, specifically CBT, BABCP accredited staff delivering TF-CBT are provided with monthly supervision that uses the CTS-R as a reflective tool to assess and rate therapist competence and adherence to the principles and techniques of CBT. Supervision also monitors staff adherence to BABCP accreditation and reflects with staff to identify CBT specific training needs that become addressed through continuous professional development (CPD). Staff attend monthly group supervision where specific case discussions take place and fortnightly team meetings where they can discuss, share and reflect on challenges/areas of good practice. An open-door supervision policy also exists to promote ad hoc supervision. Attendance at training events that promote CPD and accreditation compliance is encouraged, and the sharing of up-to-date research/clinical resources is promoted through a collegiate ethos.

In conjunction with ongoing monitoring of therapist competency, adherence to NICE guidance is promoted through the monitoring and evaluation of patient outcomes using CORE Net. The psychometric assessments CORE-Outcome Measure; PCL-5; International Trauma Questionnaire (ITQ) and Work and Social Adjustment Scale (WSAS) are employed to monitor treatment effectiveness. Therapists also complete 'Mood checks' at the commencement of each therapy session to monitor subjective changes in service user presentations and assess for risk. Clinical notes are audited according to NICE standards to determine the presentation of CBT clinical

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components and to promote staff accountability. Service user feedback is sought and collected at the end of therapy before becoming collated in the form of an annual report and reflected to the staff team. A service user feedback group has recently been established as part of a Quality Improvement initiative to gather patient experience data helping to understand areas of good practice/change required. The Trust also work in partnership with the Victims and Survivors Service, Community Mental Health Teams and GP's to provide a stepped care model of working that ensures service users can access appropriate supports in a timely fashion and are offered the recommended number of sessions required to promote treatment. Clinical governance within the Belfast Trust is managed through an Integrated Assurance Framework that incorporates the principles for quality improvement, risk management, NICE guidelines, and regional mental health frameworks including the Regional Trauma Network Monitoring and Evaluation Framework Outcomes Framework.