

The Adam May CBT Practice

Friendly & encouraging Cognitive-Behavioural Therapy,
Face to face, online & by telephone

Dear Psychotherapist or Counsellor,

Thank you for your interest in finding supervision through this practice. I currently supervise several counsellors and therapists who use CBT in their work. I have a Postgraduate Certificate in CBT Supervision awarded by the University of Liverpool. I am pleased to offer supervision to practitioners who are:

- Established and accredited CBT Psychotherapists
or
- CBT Psychotherapists wishing to achieve BABCP accreditation
or
- Psychotherapists and counsellors trained in other modalities who are considering transferring to CBT
or
- Psychotherapists and counsellors trained in other modalities who would like to incorporate CBT skills and techniques into their existing practice and receive supervision from a CBT perspective.

My training and accreditation since 1998 has been in CBT. My first course of study was in Rogerian Counselling, and after this my Diploma gave me a good grounding in all the major psychotherapy approaches. Although my allegiance is to CBT, I appreciate that other modalities have much to offer, and recognise that CBT itself has changed fundamentally since I first began to study it. I am therefore comfortable moving between different perspectives.

Given the pre-eminence given to CBT in the NICE guidelines for so many mental health conditions, I think it is wise for all mental health practitioners to have some familiarity with the approach, whatever their primary allegiance.

Developing a successful independent practice involves a degree of business acumen as well as competence in delivering psychotherapy and counselling. If you are developing your practice, you may wish to devote some of your supervision time to discussing the business side of things. Having worked in independent practice since 1989, I can help you save time and money by telling you what I have found works, and what doesn't!

In addition to face to face working, I also offer supervision via the Internet and telephone. Remote supervision is a useful option for supervisees who live some distance from my practice. This option has also proved useful for supervisees who have an unexpected problem with transport and wish to avoid a last minute session cancellation.

If you are considering me as a potential supervisor, please consider the questions set out in the accompanying document entitled Negotiating a Supervision Contract. These are designed to guide us through the process of making an agreement that will best meet your needs.

I look forward to working with you.

~ Adam May