



University
of Exeter

Cedar Create

Getting a Head Start with your KSA Portfolio Workshop

A masterclass focused on helping you progress your CBT career using the Knowledge, Skills and Attitudes (KSA) framework.

Welcome to Cedar

Cedar is a Clinical Applied Psychological Practice Centre of Excellence. We are one of the largest providers of training in evidence-based psychological practice and therapies in the UK. We offer a wide-ranging portfolio from CPD, Professional training Programmes (Undergraduate up to Masters level programmes), through to post qualification and advanced practice courses.

Course Details:

This half-day workshop focuses specifically on helping you start and/or progress your KSA portfolio wherever you currently find yourself on the KSA portfolio journey in your aspiration to become a CBT therapist. If you want to train as a CBT therapist, and you do not already hold a core profession, you will need complete a KSA portfolio as part of your training or for independent submission. This workshop will offer you the opportunity to learn about what is expected for your KSA portfolio, to go through all the sections with you and answer specific questions to help complete the KSA portfolio for yourselves with greater ease. We will answer questions such as:

- What and how much should I write for my KSA self-statements?
- Who can I ask to be a referee?
- Do I qualify for a “condensed KSA portfolio” or will I need to complete the “full KSA portfolio”??
- What specific evidence do I need to include, and what counts as appropriate evidence?

Course Breakdown:

The course will focus on the following areas:

- **Understanding the KSA Framework:** What the KSA is, why it exists, and how it supports BABCP accreditation.
- **Full vs. Condensed Portfolios:** What you must submit, and whether you are eligible for the condensed route.
- **Writing Effective Self-Statements:** Simple guidance, examples, and templates.
- **Gathering Evidence:** What counts as formal and informal evidence, and how to organise it.
- **Q&A Session:** Bring your own questions for real-time guidance.

Aims of the workshop:

- To develop a clear understanding of the KSA portfolio requirements, for progression into CBT therapist accreditation with BABCP, whether you work with children and young people or with adults.
- To support you in developing your own KSA statements
- To provide an opportunity for you to bring questions for your particular KSA development

The workshop will be held remotely on Monday 12th October 2026 from 09:30am – 12:30pm via Zoom. Information on joining teaching will be sent to attendees 2 weeks prior to the start date.

A place on this half-day workshop will cost £37.5 per person. We can take payment via the online store (credit/debit card) or via invoice. If you are interested in taking part in this training course, or have any questions, please contact: createprojects-cedar@exeter.ac.uk

Collaborators and Trainers

The workshop is led by highly experienced KSA portfolio assessors from the University of Exeter, with many years of experience of assessing KSA portfolios and of providing group and individual tutoring and support to KSA candidates from a wide range of professional backgrounds. In addition to being experienced KSA assessors, trainers they are accredited CBT therapists (some with their own personal KSA portfolio backgrounds). We all attend regular refresher training for KSA assessment with the BABCP.

If you can think of a KSA question, we've probably answered it for someone already!



Dr. David Mussell is a chartered clinical psychologist and accredited CBT therapist who has worked in CAMHS for 25 years. David has been involved with the PG Diploma in CBT with Children and Young People (CBT-CYP) at Exeter University since its inception 14 years ago supporting over a hundred KSA candidates so far with portfolio assessment, group workshops and individual tutoring. David is a university supervisor for the CBT-CYP programme and private CBT therapist working with young people and adults as well as a private CBT

supervisor. He is known for his depth of knowledge, his patience and approachability. He loves to see others make the most of their experience and abilities through the KSA route, helping psychological practitioners with relatable work experience and knowledge become valued and respected professional CBT therapists – especially in the field of child and adolescent mental health.



Alan Bee is a Cognitive Behavioural Therapist with extensive experience in NHS Talking Therapies and in the development of early career CBT practitioners. He specialises in supporting trainees through the BABCP KSA route, offering clear, practical guidance on portfolio preparation, reflective practice, and competency development. Alan is also an experienced clinical supervisor, supporting therapists to develop their CBT skills and professional identity. He is known for his accessible teaching style, strong clinical expertise, and

commitment to high- quality, evidence--based- psychological care.