



Accredited Therapist

The British Association for Behavioural & Cognitive Psychotherapies (BABCP) is the lead organisation for CBT in the UK and Ireland. CBT therapists who have achieved BABCP accreditation have specialist skills and knowledge. BABCP Accredited CBT therapists have undertaken training and supervised clinical practice that meets or exceeds a set of minimum standards and have demonstrated their competence to practice Cognitive Behavioural Therapy.

[Click here to understand more about Accreditation of CBT therapists.](#)

[Click here to see BABCP website.](#)