

**COACH**  
**ACCREDITATION**



**Application Form**

**Section 1: Personal Details**

Membership no:

Surname:

Forenames:

Address for correspondence:

Tel: (work)

(home)

(Mobile)

Email:

*Please initial each of the following statements that are true for you and sign below. Please note that whilst all involvements with disciplinary procedures and any refusal of accreditation/recognition have to be investigated, only some of these matters will be grounds for refusing accreditation or delaying the processing of this application.*

**I have read the AREBT Code of Ethics in Coaching and undertake to abide by it.**

**I have not been/and am not currently affected by any formal complaints procedure within AREBT or any other professional body external to AREBT.**

*If you have been, or are currently the subject of a complaint within AREBT or another professional body where the complaint is upheld and/or rights of membership are suspended, you are bound to declare this with your application for accreditation.*

**I have not been refused recognition or accreditation by any such body.**  
*(If you have been refused, please give details on a separate sheet.)*

***I understand that if accredited, my accreditation is dependent upon continuing AREBT membership.***

Applicant's Signature: ..... Date: .....

**Coaching Qualifications** (certificates, diplomas, degrees, etc.)

<b>Date attained</b>	<b>Qualification</b> (Full title)	<b>Awarding Institution</b> (Name and address)
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**Other Qualifications** (certificates, diplomas, degrees)

*(If you are already accredited as a practitioner with the AREBT you do not need to supply the information below but simply forward a copy of your Accreditation Certificate)*

<b>Date attained</b>	<b>Qualification</b> (Full title)	<b>Awarding Institution</b> (Name and address)
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**Current occupation:**

*Please state your job title and identify your employer and main work roles:  
(E.g. associate, freelance coach etc)*

**How long have you been employed in this role?**

**If less than two years, please give former occupation:**

**When did you first start coaching?**

**Where do you coach?**

Please provide details of the differing contexts where coaching takes place:

**Hours spent per week coaching:**

Private/freelance:

Organisation:

**How many hours do you normally coach per annum?**

**Please describe each setting where coaching takes place, e.g. layout, privacy etc.**

*(Please do use a separate sheet if necessary)*

**Private:**

**Organisation:**

**Please describe your arrangements for obtaining supervision of your coaching work or the mechanisms that YOU use for quality purposes (e.g. evaluation forms).**

## **Section 2: Professional Indemnity Insurance**

Please attach a copy of your policy.

Tick here to confirm the document is attached.

## **Section 3: Philosophy of Coaching**

You are required to complete an 800-1000 word brief which outlines your philosophy of coaching, i.e. your personal approach to coaching. This needs to clearly show how you use and approach REB practices in your coaching work as well as your work in relation to the beginning, middle and end of the coaching contract.

Please attach this document to your application.

Tick here to confirm the document is attached.

## **Section 4: Case Study**

You are required to complete and attach a case study of a maximum of 1000/1200 words. This should illustrate your stated coaching approach in detail. Your case study should have a clear beginning, middle and end and should include details of the type of coaching you offered the client, the goals agreed, the process of coaching and the outcome and ways in which you and the client evaluated the outcome.

Please attach this document to your application.

Tick here to confirm the document is attached.

## **Section 5: Continual Professional Development**

You are required to provide evidence to support the fact that you have completed **30 hours of CPD** per annum.

CPD can be related to those areas of work involving coaching. CPD can be obtained by reading coaching-related professional journals, newsletters and books; attending seminars, conferences, workshops; teaching; writing articles and book reviews for professional journals; undertaking research, being involved in relevant discussion groups. Also, attending AREBT functions such as the AGM or being involved with Association committee work can be included. CPD can also include topics allied to coaching, for example, relevant counselling, AREBT/CBT practitioner, or listening skills or assertiveness training courses.

REB CPD comprises of both *INPUT* activities (that enhance coaching practice) and *OUTPUT* activities (that enhance coaching practice through work that is delivered by the coach). REBT activities are deemed as acceptable.

Although it is likely that coaches may engage in more than 30 hours of CPD per annum, to ensure a balanced approach the AREBT requires members to demonstrate **15 hours of INPUT** and **15 hours of OUTPUT**. However, there may be some coaches where CPD is totally INPUT orientated and this will be deemed acceptable. However, it will not be deemed acceptable for an individual to only engage in OUTPUT activities.

### **INPUT ACTIVITIES**

#### **Courses**

Courses undertaken in areas of special interest or concern relevant to Generic coaching, CBC coaching, REB Coaching, REBT or CBT, for example Coaching strategies workshops. These may be offered as an in-house activity.

#### **Seminars and Conferences**

Conferences, Lectures and Seminars organised locally, nationally or internationally.

#### **Study for Further Qualifications**

Qualifications such as a Diploma, MA, PhD or other specialist qualification in Coaching or an allied area such as REBT or CBT.

## **OUTPUT ACTIVITIES**

### **The Development of Others**

Developing others by designing, facilitating or offering a training session or by giving a talk at a conference. Writing articles, book reviews, books or publishing research.

### **Committee Work/ Meetings**

REB Coaching or general REBT related committee work at local, national or international level, for example, membership of AREBT committees or attendance at international or on multi-disciplinary committees

Please attach this document to your application.

Tick here to confirm the document is attached.

### **Approved CPD Logs**

Existing CPD Logs from the following organisations will be accepted as evidence of Continued Professional Development and can be submitted with your application.

AC	Association for Coaching
BPS	British Psychological Society
BABCP	British Association for Behavioural and Cognitive Psychotherapies
BACP	British Association for Counselling and Psychotherapy
ICF	International Coaching Federation
AREBT	Association for Rational Emotive Behavioural Therapy

For those members who are not submitting a log from any of the approved professional bodies above, please complete and return the following.

# LOG BOOK OF REBT/CBT and/or REBC/CBC CPD for 12 MONTHS

**Dates: From:** \_\_\_\_\_

**To:** \_\_\_\_\_

**Name**

**Membership No.**

ATTENDANCE AT REBT/CBT and/or REBC/CBC EVENTS - THEORY e.g. symposia, lectures, conferences, seminars etc.			
Date	Event, Topic and Speaker	Org. Body	Hours
			<b>Total:</b>
ATTENDANCE AT EVENTS - PRACTISE/SKILLS e.g. skills-based workshops, role play			
Date	Event, Topic and Speaker	Org. Body	Hours
		<i>(Please enclose certificates/ proof of attendance)</i>	<b>Total:</b>
PROVISION OF RELEVANT TRAINING e.g. giving a workshop, running a REBT/CBT or CBC/REBC course			
Date	Topic and Audience	Org. Body	Hours
			<b>Total:</b>



**REBT/CBT or REBC/CBC ACADEMIC RESEARCH you have carried out**

Topic	Hours Spent
	<b>Total:</b>

**REBT/CBT or CBC/REBC ACADEMIC PRESENTATIONS you have made**

Date	Topic and Audience	Org. Body	Hours
			<b>Total:</b>

*(AREBT requires a balance of the categories of activity for a minimum of 30 hours per year)*  
**ANNUAL CPD – GRAND TOTAL HOURS:** \_\_\_\_\_

**REBT/CBT or CBC/REBC PUBLICATIONS (yourself as author)**

Date	Title and Authors	Publication/Publisher

**REBT/CBT or CBC/REBC READING - Minimum 5 samples of literature used/consulted during year**

Title and Author

FOR OFFICE USE ONLY:  
 Received: \_\_\_\_\_ Checked: \_\_\_\_\_ Query: \_\_\_\_\_

**Deliberately false statements will result in your removal from the list of Accredited AREBT Members**

## **Section 6: Professional Referee's Statement**

You are required to provide a professional statement from a referee. This could be an employer, colleague, or someone that has worked with you such as a coaching supervisor. The stipulation is that whomever you choose should know you in a professional capacity. It cannot be a coaching client.

*See the Guidelines for Professional Referees Document.*

Please attach this document to your application.

Tick here to confirm the document is attached.

## **Section 7: Client Testimonial or Supervisor's Report**

You are required to provide one client testimonial or a supervisor's report. Please attach this document to your application.

*See the Client Testimonial Document or Supervisor's Report*

Please attach relevant document to your application.

Tick here to confirm the document is attached.

## **Section 8: Additional Supporting Documentation**

Please ensure you have attached copies of any certificates, diplomas, or any additional material/qualifications you think would support or prove relevant to your application.

Please attach these documents to your application.

Tick here to confirm the documents are attached.

## **Section 9: 250 Hours of Coaching Practice**

You need to be able to demonstrate that you have accrued 250 hours of coaching practice over the past 5 years

*See the Hours of Coaching Practice Document*

Please attach this document to your application.

Tick here to confirm the document is attached.

### **Important Note**

***Thank you for completing this application form. Now please refer to checklist to ensure you have attached all the material required. Please enclose this checklist with your application as confirmation all mandatory documents are enclosed including your cheque for £80 made payable to the AREBT.***

Coach Accreditation  
AREBT  
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