



Accreditation Case Study Practice Guidelines

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For COSRT Accreditation you are required to write a case study.

The length for the Case Study is 4000 words +/- 5%. **Case Studies that exceed this limit will not be accepted.** The word count should be shown on the front page.

The case study should be an in-depth study of one client or couple and may be psycho-sexual, relational or in any modality that can reasonably linked to the work of COSRT with service users.

When selecting a client or clients to write about choose case material that is typical of your current work. The work does not have to be finished; it could be an ongoing case. You do not have to obtain written permission from your client to use the case material, but you must ensure that the clients cannot be identified in any way

Criteria that should be met

1. An explanation of the theory underpinning practice and, if working with a couple, your understanding of the dynamic process

Give a brief explanation of the theory that underpins your practice, it may be that you integrate more than one theory so explain the rationale behind this. Consider the effect of the couple dynamic in the room and how that impacts on process

2. You should relate theory to practice and interventions made

There should be consistency in the way you work and the model you are working within. The case study needs to demonstrate the integration of psychotherapeutic understanding to psychosexual and relationship work, both written and practical.

3. Use of self-awareness in the therapeutic relationship

An essential part of the case study is to demonstrate your ability to reflect critically on the work.

You need to show your understanding of the dynamics in the therapy room and your reflective awareness of yourself within the work.

4. Equality and Diversity

Show how your practice demonstrates awareness of issues of equality and diversity and how these issues have an impact on the therapeutic relationship and the model of working.

5. The use of Supervision

Show how you use supervision sessions to deal with the dilemmas and challenges of your work, what was learnt and how would you apply the reflections of this in your work.

6. How you applied the COSRT Code of Ethics to the case study

Please demonstrate how the Code of Ethics -Good Therapy informs your work.

7. Management of the service user agreement

Please demonstrate how you use a service user agreement and include a copy in the appendices.

Suggested Format

Front sheet

Your submission must have a front page stating your name, case study title, date and word count. Pages must be numbered.

Abstract

A brief synopsis of the case study

Acknowledgements

Thank those who have supported the work such as your supervisor/ training course.

Introduction

Describe where the work took place e.g. NHS, Voluntary Sector, Private Practice etc.

Model of Practice

Describe the ways in which you work. This will include the theories that underpin your approach and the types of interventions you use in your practice. For example you may use a CBT approach if working with sex therapy clients, or a psychodynamic approach when working with couples or individuals on relational issues. Or it might be some other theory and approach that underpins the work, whatever approach or approaches you use give a clear explanation and rationale.

In this section you might like to use headings to define the approach, such as rationale, formulation, relational dynamic, couple fit all depending on the approach you are using.

The Client

Set the client in context and include a brief history and any assessment of their situation. This might include any information relevant to past treatments, any medical interventions particularly if a sex therapy approach is used. Your assessment should be relevant to the approach you are using, for example, if using CBT then it should include a formulation, predisposing, precipitating and maintaining factors, or if a relational approach is being used then an exploration of couple fit, couple dynamics etc.

Use of Self

Ensure you demonstrate how you, and your use of self, influence the therapy.

Use of Supervision

Include how you used supervision and how it was integrated into your client work. Outline any particular technical challenges or dilemmas in the work and how supervision was used to overcome these.

Conclusion

Report the outcome or, if appropriate, the ongoing work. ^[1] Reflect on the case study, how you managed the process, your feelings about the work, how you might have done things differently, and what you have learnt about yourself.

Bibliography and referencing

You must use the **Harvard** referencing format please ensure accuracy

Appendices

These should be included after the Bibliography. They may include Research tools, Questionnaires, Consent Forms etc.

Formatting

The case study should be typed on A4 size paper. A margin of one and a half inches should be left on the left-hand side of the page 1.5 line spacing should be used with no smaller font than 12 point. All pages must be numbered and there should be a clear list of contents.

Plagiarism

A case study must be your own work. If you use someone else's previous work you must acknowledge it as, without doing so, you can be seen to be representing it as you own. This is known as **plagiarism** and constitutes academic misconduct.

Submission

The case study should be submitted with your application for accreditation
