

Name of Journal: *World Journal of Clinical Pediatrics*

Manuscript NO: 37035

Manuscript Type: Therapeutics Advances

Best practices in supervising cognitive behavioral therapy with youth

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#### Abstract

Clinical supervision of cognitive behavioral therapy (CBT) with youth ensures better patient care and fosters trainees' professional development. However, often insufficient attention is directed toward disseminating best practices in supervision of CBT with youth. This Therapeutic Advances contribution aims to communicate the core content of supervision. Additionally, the key supervisory practices associated with CBT with youth are described. Supervisory outcomes are summarized and recommendations for supervisory practices are made.

**Key words:** Cognitive behavioral therapy; Pediatric populations; Supervision

**Core tip:** There are several core tips in this therapeutic advances article. First, the pivotal content of supervision of cognitive behavioral therapy with youth include training in case conceptualization, ethics/laws, collaborative empiricism, guided discovery, session structure, embracing immediacy, measurement-based care, and cognitive-behavioral technique. Enactive supervision characterized by behavioral

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