



MSc/PgDip/PgCert

COGNITIVE BEHAVIOURAL PSYCHOTHERAPY



COURSE SUMMARY

You will gain an insight into how to use Cognitive Behaviour Therapy (CBT) creatively and collaboratively with clients and how to assess, formulate, provide interventions and evaluate your work with clients. This course focuses on interventions with clients who have anxiety and depression right through to people with addictions, personality disorder and schizophrenia as well as other complex needs. There are opportunities to develop new skills in CBT practice and engage in explore innovative ways of implementing interventions.

Depending on your level of experience and professional interests you can choose to study a variety of modules. This course is not accredited and neither clinical supervision or placements are provided but students can aim to become accredited upon completion of the requirements according to BABCP.

COURSE CONTENT

During the course, you will study modules such as for Anxiety Disorders and Addictive Behaviour, Cognitive Behaviour Therapy for Complex Cases, Frontiers of Cognitive Behavioural Psychotherapy, Compassion Focused Therapy, Military Veterans and Emergency Services Personnel and CBT for Children and Young People. You will have the option to tailor your studies to your own area of interest with a range of optional modules.

If you are studying towards the full master's, you will complete a dissertation as well as the core and optional modules.

CAREER PROSPECTS

This master's has been designed to meet the growing need for people to have the skill set to work with clients with complex needs or mild to moderate mental health issues.

Many of our students already have jobs, but this course helps to enhance their level of employment, or offers a new career pathway. Examples of job titles in the NHS are CBT Lead for Mental Health Trust and Cognitive Behavioural Psychotherapist/Therapist.



IN BRIEF

- Delivered by a highly qualified team of psychotherapy and counselling staff from a variety of professional backgrounds
- International students can apply
- Part-time study available



“The support received from personal tutors whilst completing the course or working towards a career path was fantastic. The course has enabled me to gain employment within a partner organisation of the NHS as a Cognitive Behavioural Psychotherapist and I have now been able to further develop my career by applying for accreditation from a professional body and also gain new employment in a specialist role working with long term health problems.”

Ramsha Butt, MSc Cognitive Behavioural Psychotherapy

LOCATION:	Frederick Road Campus
DURATION:	MSc: One year full-time, PgDip: One year full-time, PgCert: Two semesters
START DATE:	September
TYPICAL ENTRY:	<p>If you possess a core profession (e.g. Mental Health Nurse, Social Worker, Psychologist, Accredited Counselor) we recommend that you need to have a minimum 2:2. For those who do not have a core profession, we would look for minimum 2:1 at degree level.</p> <p>All applicants must have an active placement where they can work with clients and have approval to use clients as part of their coursework. In addition, all applicants must have one year's experience in a mental health setting and an active interest in cognitive behavioural work.</p>
ASSESSMENT:	Practical assessments, reflective assignments, case studies
DELIVERY:	Seminars, case study analysis, role play, online learning