



PgCert

COGNITIVE BEHAVIOUR THERAPY



COURSE SUMMARY

This course provides an opportunity for a variety of health care professionals to undertake a theoretical and practical course.

It has a distinctive niche in the current market as a conversion course to Cognitive Behaviour Therapy (CBT) theory and skills for the experienced health professional, and supplements prior therapeutic training. You will produce a reflective practice portfolio that may enable you to work towards your British Association for Behavioural and Cognitive Psychotherapies (BABCP) practitioner accreditation, and further study at Postgraduate Diploma level 2.

COURSE CONTENT

This is a one year part-time course that runs over two semesters each lasting 12 weeks.

In the first semester, you will study an Introduction to CBT. This module provides you with many of the competencies outlined by the BABCP for the use of CBT skills with people who have mild to moderate anxiety and/or depression.

During your second semester you will study CBT for Anxiety Disorders and Addictive Behaviour which looks more in depth at a range of anxiety disorders such as social phobia, obsessive compulsive disorder and health anxiety. Students will need to have a placement, a supervisor and access to clients for this module.

CAREER PROSPECTS

National Institute for Clinical Excellence (NICE) stipulates CBT as the therapy of choice for anxiety, depression, addictive behaviour and anxiety disorders. This course supplements counsellors, psychotherapists and health care professionals' training, leading to increased employability opportunities.



IN BRIEF

- Work as a 'reflective practitioner' showing awareness of and engagement with wider policy
- Understand and evaluate theory and practical application of Cognitive Behaviour Therapy (CBT)
- There is a requirement of a clinical placement opportunity as part of this course
- Part-time study available



LOCATION:	Frederick Road Campus
DURATION:	PgCert: One year part-time
START DATE:	September
TYPICAL ENTRY:	You must have a 2:1 honours degree in psychology or other health/social care related disciplines or an honours degree in any discipline and a diploma in counselling. You must also currently be working or volunteering in a health care practice either as a counsellor/psychotherapist or health/social care related discipline
ASSESSMENT:	Theoretical and reflective essays, live assessment from peers, reflective practice portfolio
DELIVERY:	Lectures, seminars, presentations, independent study